



You Are Enough: Thirty Mini Mantras for Self-Transformation Be Empowered, Enlightened, and Inspired

Zoe Summer

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Zoe Summer's self-empowerment book, *You Are Enough*, delivers a one-of-a-kind, innovative, fun, and easy method that unlocks the key to joy and success for accelerated results to love, health, happiness, and wealth. Through powerful mini mantras every day for sixty days, Summer, an author and artist, teaches you how to rid yourself of suffering, fear, insecurities, anxiety, neediness, and stress and how to open the door to uplifting feelings of self-love, hope, optimism, joy, and more energy. Discover how to revitalize your life; create inner peace; find calm, relaxation, and balance; and reach fulfillment. *You Are Enough* offers a practical and easy way to begin your journey back to self-love. Taking only a few minutes each day, Summer shows you how to experience the deeply powerful connection to your essence Divine Love which brings infinite gifts into your life so you can reach great personal heights and creativity while experiencing freedom and joy."

You Are Enough: Thirty Mini Mantras for Self-Transformation Be Empowered, Enlightened, and Inspired Details

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Ghost of the Library says

What a lovely little book, and i should know what i mean, given that i normally run away from anything that hints self help...lol.

These are basically tiny little mantras that i believe would perfect to use on a daily basis, like when you are having a bad moment and need to remind yourself that yes, you are bloody well amazing and worth it!

Beautiful pictures and very nice layout in general, i would recommend it to anyone - both those that already like this kind of books, and those who keep an open mind and are always willing to try something different. i should add - i wont it in a goodreads giveaway - but it doesn't influence my opinion, even if it did brighten a very dull and rainy Monday :)

Jennifer says

This book is just a beautiful creation from cover to cover. In fact, it's gift giving quality. My life like so many is anxiety ridden. I do an 80 mile commute each day to a job full of high quotas to hit. I am drained of energy and feel I am in a world of other people who feel we ar just substance. Then I picked up this book and realize how lost I am not putting value into the person I am. This is exactly what I need to start to rebuild my inner strength and give back wanting to do thinks for me. The pages are beautiful created by author herself and the introduction is clear on how to achieved the benefits of enlightenment. This was a gift to myself that I very much want to purchase and place in baskets of my friends for birthdays or get wells gifts because it's stunning.

Laura Luzzi says

I thought it was a beautiful book and very uplifting. Helps me when I am down.

Liz Sergent says

I love this book! The pictures are amazing! I started the first day - You are you and when I stare into the beautiful picture, my mind slows down and I am calm. I don't know how the picture does it but it helped me truly reflect. I am going to buy more copies as gifts. Bravo - can't wait to go thru all 30 days.

Julia says

Out of all the self-help books I found this one was one of the easiest to follow along using the positive affirmations method and using beautifully unique flower mandalas to focus the reader as they repeat the simple words on the page. The white background doesn't take away from the book either but allows the

reader to focus on the colors and/or patterns of the floral centerpiece.

The only part that did cause me so much agitation was reading all the mess that was in the beginning of the book whether it was about a dedication honoring, how to use the book, why the book was necessary, etc. Basically for the book being touted simple and easy-to-use in a busy setting the whole literary rambling bored me to death.

But all in all it was a decent book and one that I wouldn't mind having on my own shelf. Now whether I would devoutly follow it to make the changes would be a question left for an actual taking on of that task and me being disciplined but that is a story for the next time.

Kristin says

This is a pretty simple book that is supposed to help you love yourself in effort to give you a happier and more motivated future. I liked the book fine, but I don't really buy into the whole approach. The flower photography is nice, but again, not sure I believe that it's really going to help me feel a "profound, spiritual transformation of awakening". That said, I've only read the book once and the author suggests reading it for 60 consecutive days. I plan to give it a try and will update this status with the results.

Update: I tried reading the book every day for about 60 days. It didn't really work me. I haven't noticed a difference in my attitude or mindset and at this point I do not plan to continue reading it. Like I said before, I don't buy into meditation. I didn't enjoy reading the same thing multiple times, but maybe it would work for other readers if you enjoy this kind of book.

I won a free copy of this book on Goodreads.com

Maria Freeman says

This was unexpectedly religious and a bit more simplistic than I was expecting

Mica says

Each morning, I reach to my nightstand and grab this little book. One minute a day, before I'm even out of bed, I gaze into my flower of the day, and I repeat my mini-mantra for that day. I thought it would be silly, but I love how I feel for the rest of the day.

I've only been doing this for four days, but it brightens my day before it begins. Zoe's mini-mantras stick with me throughout the day, dance around in my head, and pop out of my mouth during random moments of stress.

I am looking forward to the next 26 days, as I'm going to give it the full thirty days it deserves.

Peace.

Melissa says

I won this through a firstreads giveaway. It's a simple, quick read with mantras like the following...

You are magic.

You are creative.

You are you.

It's a wonderful book and my five year loves it as well and begs me read it again and again. It's great for all ages and the pictures for each one are beautiful and fun.

Roxanne says

This is a Goodreads win review. I just love this type of book. It has mini mantras so we can feel empowered, enlightened and inspired in one minute passages for busy people. I remember when I was growing up bullies at school always told me I was good enough, or pretty enough or whatever enough but my father taught me that I was enough of everything just the way I was and to become my authentic self. So the key to this book is that if you practice self love your life will flourish. The book reminds us to love, have joy, be kind, show grace, etc. Therefore I will be looking at this book every morning.

Sarah Young says

I feel like it could be good for some people, but for me, it didn't make me feel inspired, empowered, or even enlightened.

Cindy Batdorf says

The Forward thru Introduction contains instructions and the meaning for using this little book. What follows are three words and a peaceful photo on each page that are meant to bring empowerment, enlightenment and inspiration to your life. This is a book you will use daily until you are ready to pass it on to someone.

I received this book as a goodreads giveaway.

Jane says

"You are Enough" is a gift. In these trying times Zoe Summer's book brought some peace and tranquility into my day. After reading the whole book and taking in the beautiful photography I have left the book out so that I can open when I need a "me" break. This book along with a cup of tea and a few minutes of quiet helps with an alternative to meditation. This is also a book that you are going to want to give to others to help through challenging times. The best part of Zoe's writing is the simplicity of the message and the focus on self love. One does not have to read a lengthy book to get her gentle messages across. Just perfect for our hectic times.

Coleen says

Honestly, I am not finished with this book. You do not 'finish' a book this worthwhile. The book does not take long to read-- the Forward and Introductions. From there, the beauty of the book is disclosed. From the time I picked the book up in my hands, I knew there was something special inside. Indeed!

Until one has experienced the mantras and the mandalas, one can not understand the power of Love.

I was the lucky winner of this book in a Goodreads Giveaway.

Jay Lickus says

It just makes sense. If you follow Zoe's advice and read this book every day for 30 days you can change how you feel about yourself. If you continue to believe in yourself you will be your best. I don't think I am empowered, enlightened or inspired but I feel better about myself because of this book.
