



Stripped: A Collection of Inspired Writings for the Evolving Woman

Cara Alwill Leyba

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STRIPPED is a collection of poetry and inspired writings that celebrate the power of vulnerability and the magic that occurs when we decide to live authentically, commit to our own personal evolution, and bare it all. Known for her work uplifting and empowering women around the world, best selling self-help author and master life coach Cara Alwill Leyba is thrilled to share her words of inspiration in this brand new format that she's coined "Poetic Personal Development." She hopes STRIPPED will encourage women to peel back the layers, remove their masks, and live inside their truth. Because life gets a hell of a lot better when we drop heaviness and take off the things we don't want to carry anymore. To learn more about Cara and her work, please visit www.TheChampagneDiet.com and find her on Instagram for daily musings and inspiration at @TheChampagneDiet

Stripped: A Collection of Inspired Writings for the Evolving Woman Details

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From Reader Review Stripped: A Collection of Inspired Writings for the Evolving Woman for online ebook

Brooke says

Instagram/tumblr poetry...not for me. I don't like all the unnecessary line breaks and most poems had way too many adjectives. The author was trying to create a type of popular flow with this writing style and I just wasn't a fan. It made some of the poems seem disingenuous and surface level.

I did like the theme of the "evolving woman". While I rolled my eyes at a few of the more cliched ones, overall the message of most of the poems were empowering and there were some inspirational messages to take away. Overall, nothing groundbreaking and even though this book wasn't for me, I can see why it would resonate with some and I wouldn't hesitate to recommend it to a reader who is more into this type of poetry than I am.

Jessica Gadziala says

"No one is coming to save you/ to give you permission/ to choose you./ That has always been your job./ You must love yourself so fiercely,/ and fully/ that you have no other choice/ but to be strong/ for yourself/ to fight for yourself/ to be yourself/ and to **build** yourself."

^ If you read that and you're still not interested in checking out this book, well, you're wrong lol.

Great little collection. I received it at, oh about... 3:15 this afternoon and sat and read it and re-read it twice already (it's 4:15 now).

Kaitlynn says

These beautiful poems are so inspiring and full of love and empowerment!! Definitely a much read!!

Martin Courtney says

This book is absolutely beautiful and every woman should read it. It teaches you that you are enough to be whatever you want just choose happiness and kindness every day. Choose passion, love and know nothing happens as a coincidence. "Burn down your walls. It is breathtaking inside."

Angela Holt says

Poetry is not my 'go-to' genre. There are poems I absolutely LOVE and adore; but I'm definitely not someone who wants to read something, sit back, mull the words over in my mind, and let them sink and settle and change me. There are some reviewers who I believe are a lot more into that type of reading who were

disappointed with some of the simplicity in these works. For me, these poems were exactly what I needed at exactly the right time in my life. While there is some simplicity, there is also some complexity and I believe it's a good balance. Each poem is a little bite you can take with you through the day to help remind you to be YOU. The poems help empower and uplift the reader while supporting their independence as well as the need for love and acceptance. If you're looking for little empowering bites, check it out. I don't think you'll be disappointed.

Samantha Luciano says

Head on over to my Instagram at [instagram.com/samanthaivyyyy](https://www.instagram.com/samanthaivyyyy) for reviews

Stephanie says

This is such a beautiful book every poem within in had me fallen more and more in love with it. I saw myself taken pictures of every page (keep in mind this book was borrowed by an amazing friend of mine who thought I would enjoy this read) and I did. I'll be ordering my own copy of this amazing piece. I just want to frame the quote everywhere in my room. <3

N.Naomi says

It's been awhile since I've found a piece of work that I love this much. 'Stripped' is the definition of self-love. It is the beauty in womanhood and vulnerability. It is a timeless collection that I see myself reaching for time and time again. After reading it through, I felt a sense of peace and love. I don't know much about the author, but I hope that she continues down the path of poetry.

One of my favorites:

“And suddenly, she began to stumble.
And her stumble soon became a crawl.
And her crawl soon became a walk.
And her walk became
a walk worth watching...”

(excerpt from the poem 'The Walk'
Page 1)

Sarah says

A short and sweet read. So simple, yet so powerful <3

Allison says

I was surprised to see that this book was rated so highly. Two stars because there are some lines in this that sound pretty, but these are not life altering works for me. This is going to sound snobby, but these poems don't strike me as being original or provoking. They read like Instagram reposts under #inspirational. All that's missing is a like button. There is a market for all work- I'm just not in her market.

Madelyn Neal says

This collection is a more refined (and a little clichéd) version of milk and honey. While I found the poems to be a little 'surfacy' when I prefer a little more raw and personal to the author, I did appreciate Leyba's central messages; avoid toxicity, don't apologize, and never stop evolving.

Jessie says

A collection of poetry I actually LOVED and connected with. Such an inspiring piece of work, something all women should read

Sarah says

This was outstanding, and I usually can't stand reading poetry. A few poems were definite misses for me, but I would say most of them were outstanding. This is a book I'd like to own so I can pull it out every time I get upset and read over a poem or two to myself.

Kelly says

When I first started reading this book of poetry, I was bookmarking pages of poems I wanted to copy into my journal. Soon after starting, I realized if I continued on this path I would be copying the entire book!

I don't usually read books of poetry, but I'm so glad I read this one. Cara's poems are inspiring, uplifting, and empowering. I can definitely see myself revisiting these poems time and time again. Highly recommend.

Steph says

Absolutely devoured this book! Definitely going to keep in hand for those reminders of what an adorable badass I am!
