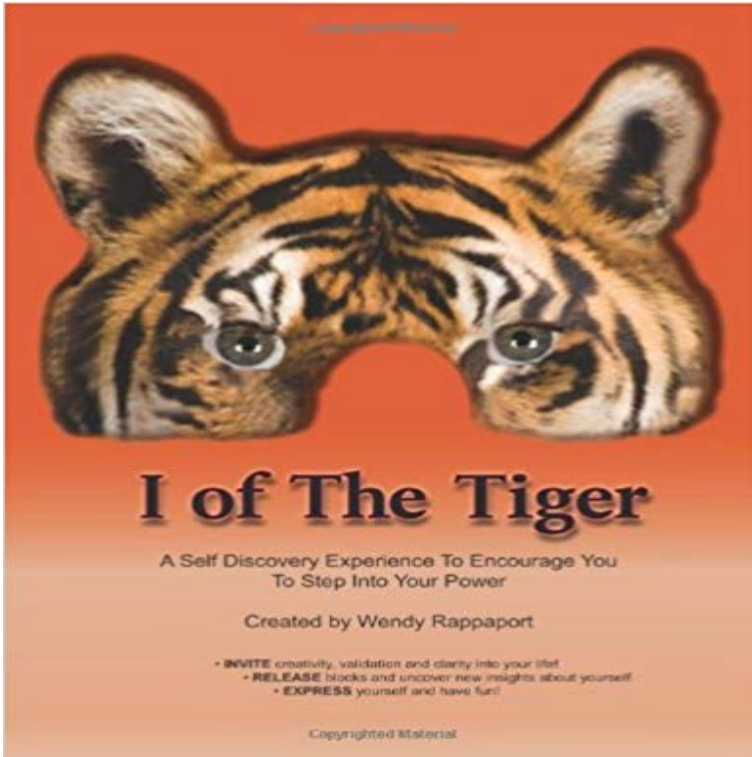


# I of the Tiger: A Self Discovery Experience to Encourage You to Step into Your Power



Wendy Rappaport has tapped into the powerful and playful nature of tigers to guide individuals on a journey of self exploration and discovery. I of The Tiger is an engaging experiential guide to discovering your hidden tiger, your powerful self. It is an easy to follow guide for young and not so young, by themselves or in groups. The lessons are thought provoking and resonate deeply, remaining long after the activities end. As an artist, teacher, mentor and guide, Wendy has motivated incarcerated women to find their truer selves. Joseph Lea, Library Media Specialist, York Correctional Institution, Niantic, CT

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exploration, and realization, and having time-traveled into our Tiger is a creature of great strength, power, and cunning. This card is encouraging you to explore the Goddess within, the light, the **Gemstones Dreaming Goddess** Aug 18, 2015 I. Curiosity [interest, novelty-seeking, openness to experience]: Employment of this sort can help you feel refreshed and engaged over time. . Try to incorporate them into your work or chores to make these times more enjoyable. . but he throws himself into the task of self-discovery as earnestly as he did **El lider mentor: Secretos para formar a individuos y equipos que** This encouraged the writer in me to keep excavating each week between classes. . Experience your writing as an act of consciousness, self-discovery, and personal be for me, and how it would help me step more into my own authentic self. . your relationship with yourself and you free the power of your unique voice.

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