



## Becoming HER

Straight Talk for Healing, Embodying, and Radiating as Your Most Powerful Self

by Monica Yates



Non-Fiction - Motivational

296 Pages

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## Book Review



**Reviewed by Pikasho Deka for Readers' Favorite**

Being a modern woman is not easy. You must master several roles while still finding a way to be a unique version of yourself. After an unfortunate skiing accident, Monica Yates was forced to reevaluate her life and later became a successful life coach, podcast host, and trauma healer with her own company.

In *Becoming HER*, the author seeks to help modern women navigate the challenges of everyday life while balancing family, career, motherhood, and relationships. Heal your trauma, embody and radiate the most powerful version of yourself with the HER framework. Drawing from client stories and personal experiences, Yates dives into the concepts of masculine and feminine traits and shows how they complement each other. The book also delves into the need for masculine leadership, embracing feminine energy while pursuing gender equality, and more.

*Becoming HER* is, first and foremost, a transformative guide designed to help 21st-century women discover the tools to express their truest selves, embracing their feminine energy to steer the course of their own lives. Additionally, readers will learn about how health imbalances affect women, navigating stress with emotional resilience, the problem with male passivity, how trauma manifests itself in adulthood, overcoming conflict for healthy communication and authentic expression, avoiding victimhood and counterproductive labeling, the "girlboss" movement, the pitfalls of the modern feminist movement, etc. Author Monica Yates is thorough with her explanations and covers each topic in great depth. Yates also ensures the book appeals to a wide range of readers by presenting the content in an accessible writing style that is easy to understand and appreciate. In conclusion, I found the book very informative and inspirational, and highly recommend it.