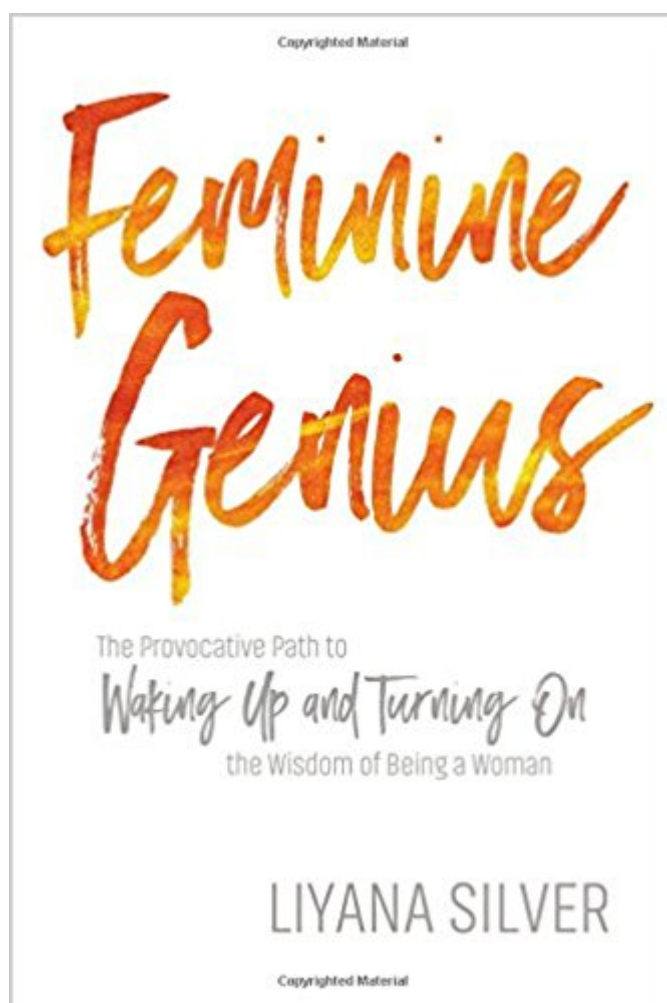


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Feminine Genius: The Provocative Path To Waking Up And Turning On The Wisdom Of Being A Woman



Synopsis

There is a particular kind of insanity running rampant in the world that compels most women to stuff down, ignore, or hide parts of ourselves in order to be acceptable, attractive, or taken seriously. And which doesn't work. It actually ensures we remain unfulfilled, miserable, and at war with ourselves—and that is a war no woman can win. So now comes the good news: There is a path to help you become the woman you are aching to become. This path is unruly, messy, a wee bit naughty, and audaciously asks you trust the very parts of you that you previously warred against. While this path has no script, map, or blueprint, you'll learn to use your sensuous, desirous, wildly feeling female body as a steadfast and trustworthy compass. This is the path of Feminine Genius. To get you started, you'll have the best of guides: women's life coach LiYana Silver. "One of the most enduringly inspiring things in my life," says LiYana, "is to watch a woman slip the Gordian knot of self-loathing, people-pleasing, and over-achieving and become simply and fully herself." Partly an irreverently reverent feminist treatise and partly a non-denominational devotional hymnal to the Sacred Feminine, *Feminine Genius* just might change forever what you know about your body, soul, sexuality, intuition, and power. In these pages, LiYana invites you to: Go deep and reconnect with the powerful parts of yourself you've hidden awayMeet your innate genius: the wild, creative, and infallible wisdom of your bodyBrighten your everyday with hands-on practicesTap into your inner knowing so you can stop second-guessing yourself and get clear about your next stepsLearn how to embrace your sexuality, emotions, desires, and cycles so you can achieve enormous effectiveness and fulfillment in lifeNavigate your "dark" and work with painful, difficult experiences in healthy waysLearn how you overuse your "masculine" strengths to the point of personal, cultural, and global breakdownDiscover why your "feminine" isn't weak, but is one of the strongest and most trustworthy parts of youExplore the history, physics, and biology of a universe built for harmony between "masculine" and "feminine"Look in the mirror and see the face of the Goddess gazing back at youIf you found a dusty bottle on a shelf of your cellar, there would be only one way to know if it contained an all-knowing genie with the power to actualize your deepest desires: open, and look inside. *Feminine Genius* is a provocative wake-up call, nudging you to uncork that fabulous flask and find out just how much magic you've been hiding. Because you do have a genie in your bottle—and genius in your body. Are you ready to open, and look inside?

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Customer Reviews

Feminine Genius is insightful, well written, and well organized. The author draws on multiple philosophical and religious traditions and presents a perspective on female energy and potential that is truly enlightening. The activities included offer a great opportunity for exploring one's true identity and the scripts that each person subconsciously lives by. It is an unapologetically empowering book and will be useful to women from all walks of life who are searching for their passion.

--Foreword

Reviews

"Silver guides women into learning how to listen to and trust that innate wisdom and profound instinct deep inside all women. Filled with advice, inspiration, and even some helpful exercises, Feminine Genius is all about connecting the knowledge of your body to the wisdom of your spirit in order to find empowerment, balance, fulfillment, and adventure no matter where your feminism might take you."

--Bustle

LiYana Silver could be writing about anything from mushroom collecting to the stock market and my heart would sing. Her writing is gorgeous, and this praise comes from a passionate lover of language. But it happens that LiYana Silver is writing about the blazing heart of the human experience. Her description of and loving guidance into the fruitful darkness is among the very wisest and most lyrical I have encountered. I will return to that section again and again. This book unraveled and reweave the fabric of my femininity, and hence my humanity. Deep bow.

• "Mirabai Starr, author of Caravan of No Despair: A Memoir of Loss and Transformation and Teresa of Avila: Passionate Mystic

LiYana's book is a powerful invitation for women to step into their biggest, brightest, truest, most powerful selves. I was truly blown away by the wisdom and inspiration on each page. If you're a woman ready to embrace her feminine power, this book is a must read.

•

• Alexandra Jamieson, functional nutrition coach, co-creator of Super Size Me, and author of *Women, Food, and Desire: Embrace Your Cravings, Make Peace with Food, Reclaim Your Body*
 • LiYana Silver's *Feminine Genius* is a courageous, wise, juicy book that redefines the genre of women's empowerment. This timely work is a lively love letter to women to tap into their feminine brilliance. With a fresh, readable style, Silver guides us with stories, practices, and heartfelt insights that are meaningful and potent. This bold book asks women to step into their special birthright, and it provides just the right mix of spirituality, smarts, and sassiness to get the job done. Brava. Highly recommended!
 • Marc David, author of *The Slow Down Diet: Eating for Pleasure, Energy, and Weight Loss* and *Nourishing Wisdom: A Mind-Body Approach to Nutrition and Well-Being*; founder of Institute for the Psychology of Eating
 • LiYana Silver's brand-new book lofts her and her readers right up to the stratosphere of feminine genius that she so accurately describes. It's impossible to dive into these pages without coming out restored, refreshed, renewed, and connected to a power that has always been each of ours to own.
Feminine Genius is a down-to-earth, deeply useful guide; a must-read for every woman!
 • Regena Thomashauer, New York Times bestselling author of *Pussy: A Reclamation* and founder of Mama Gena's School of Womanly Arts (mamagenas.com)
 • This book is exactly what women need to remember who we are and how to access our unique genius. And this unique brand of genius is exactly what the world needs right now, too. This book is brilliant and right on time.
 • Kate Northrup, bestselling author of *Money: A Love Story*
 • This book is a must for anyone (men, too) on a path to wake up, be fully human, and find the magic of being fully alive. LiYana offers a clear path "with joy, pleasure, and juiciness" to remembering the Divine Feminine in all of us. She offers us stories, exercises, humor, and a bright shiny mirror into the depths of our feminine souls aching to be seen and loved. What a loving gift LiYana has given us in this radical, articulate, wise, and boldly true practice of cultivating our Feminine Genius. I know that as more of us embrace the deep wisdom in this book, the more our species will heal and the more our culture will be in balance.
 • Mary Waldner, LMFT, cofounder and Chief Consciousness Officer at Mary's Gone Crackers®
 • *Feminine Genius* is one of the most potent books I've ever read. LiYana Silver is a master of metaphor and teaches women the lessons we critically need to learn to feel healthy and whole in an unforgettable, soul-wrenching way. Her writing is a soothing and energizing antidote to the toxic conditioning of our patriarchal culture. All I wanted to do was stay home and read it from cover to cover! I recommend every woman do the same.
 • Jena la Flamme, author of *Pleasurable Weight Loss: The Secrets to Feeling Great, Losing Weight, and Loving Your Life Today* (jenalaflamme.com)
 • *Feminine Genius* is a wake-up call for

women. It touches upon our deepest places of shame and hope—our bodies, feelings, sexuality, intuition, spirituality, and womanhood—and shows us how what we thought were our greatest liabilities are actually some of our greatest strengths. We as women still need help to feel less crazy as we walk the path of the messiness and the magic of life. *Feminine Genius* gives us useful tools to change what is no longer working. It also shows us how to give up the Inner Mean Girl crazy-making of constant self-improvement and simply become truly happy and fully ourselves right now. Devour its pages and feel yourself shine brighter. And then, as quickly as you can, introduce this book to all the women you love.

• Amy Ahlers, founder of Mama Truth Circle, author of *Big Fat Lies Women Tell Themselves*, and coauthor of *Reform Your Inner Mean Girl*

• What LiYana has created here is a path back to your feminine identity. Reading each chapter, you will be able to name and claim a piece of yourself that may have gotten lost in masculine culture. Doing this process will put you back in your body so you can navigate through your life with your voice, your soul, your desire, and your joy as your compass. An important spiritual feminist read.

• Alisa Vitti, author of *WomanCode: Perfect Your Cycle, Amplify Your Fertility, Supercharge Your Sex Drive, and Become a Power Source* and founder of *FLOliving.com*

• With delicious candor and well-earned womanly wisdom, LiYana Silver will guide you home to your Feminine Genius. Like a sage and sassy girlfriend, she'll help you navigate both the darkest and the brightest corners of your inner landscape. If you're wondering how to embrace the unique twists and turns of your own initiation into Womanhood, *Feminine Genius* offers invaluable support.

• Sara Avant Stover, author of *The Way of the Happy Woman* and *The Book of SHE: Your Heroine's Journey into the Heart of Feminine Power*

• For several thousand years, the world has rewarded masculine ways of being and punished feminine ways. But that world is changing rapidly; the patriarchy is in its end times. LiYana Silver's new book shows the way forward to a future in which feminine wisdom is appreciated, respected, and rewarded just as much as masculine wisdom. *Feminine Genius* is an important roadmap towards success in a post-patriarchal world.

• Michael Ellsberg, author of *The Education of Millionaires* and coauthor of *The Last Safe Investment*

• LiYana Silver's words are not just another theory or rote neo-goddess dogma. *Feminine Genius* is a living, authentic, embodied oracle for any woman who truly desires to live her fullest, most sovereign self.

• Dr. Saida Desilets, women's empowerment coach and author of *Emergence of the Sensual Woman* (*SaidaDesilets.com*)

• Articulate, insightful, and compassionate, LiYana's deep feminine wisdom will illuminate your path to living a turned-on life. She's a wise guide who will inspire and encourage you to discover your own Feminine Genius.

• Sheri Winston, *Wholistic Sexuality* teacher and author of

Women's Anatomy of Arousal and Succulent SexCraft (IntimateArtsCenter.com) —
 — Feminine Genius is a delectable treat with an extra helping of smart sauce in a flambé of raw truth. It delivers the deep nourishment our collective feminine spirit is so hungry for. It's been my privilege to see firsthand how LiYana walks her talk with the utmost integrity. This book is a reflection of her capacity to shine that light — vibrating with Shakti, sensuality, unflinching honesty, and fierce love. — Lisa Schrader, women's sacred sensuality coach, author of Kama Sutra 52: A Year's Worth of the Best Positions for Passion and Pleasure, and founder of AwakeningShakti.com — — Read the book Feminine Genius and you'll discover that LiYana Silver has been quietly living the all-too-common and frequently painful experience of woman so she could write the words we each need to hear and lay down the truth with such elegance and artistry that all who read it will blossom into the women we are longing to become. It's rare to say about a "self-help" style book, but it's truly breathtaking. — Alexis Neely, family wealth lawyer, mom, and founder of New Law Business Model & Eyes Wide Open Life — — From shadow to light, LiYana navigates the complexity of modern, patriarchal life to make room for the Sacred Feminine in us all — a genius the world cannot survive without. Jump on this train and let the spiral begin! — Chantal Pierrat, founder of Emerging Women — For any woman doubting herself, her body, her value, her potential, her sexuality, or her femininity, Feminine Genius is a needed re-education and a bold proclamation. If you wish to lead a more boundless, joyful life, I wish this book for you. — Amanda Steinberg, founder of DailyWorth and author of Worth It —

LiYana Silver — LiYana Silver is a coach, teacher, and speaker who helps women find the full expression of their feminine strength in work and life. Her offerings include her mentorship program — Woman: The Embodiment Experience — and her online course — Ignite Your Feminine Genius. She lives in Asheville, NC. For more, visit — liyanasilver.com.

I wish that every woman had a copy of this book! It actually might be a good idea for every man to read it too. That's how important the ideas are. It doesn't hurt that LiYana has such a gorgeous way of expressing her thoughts and wisdom. Her unique turns of phrase are graceful, titillating and provocative all at once, helping them to penetrate still more deeply into your being. LiYana is so accomplished and so successful. It's hard to imagine that she had a dark night of the soul. To read about it helps us all to see that we can face and navigate our dark parts, that they are a key to who we are becoming and who we came here to be. Her wisdom on this topic serves a balm to our pain

and our wounds. Her take on where feminine genius comes from, how to find yours, and how to bring it to the world - courageous, fabulous, and so true! If you're on the fence about whether to get this book, grab it right now. Whether you are a man or a woman, it will change your life and the way you live it going forward.

In my own journey, I've purchased my share of self-help books and attended workshops of several experts. This book and this author stand out above all the rest. As a client of LiYana Silver, I can attest she knows what she's talking about because she walks the talk. In a world that likes to define many (conflicting) standards for women, LiYana shows you how to cut through that noise and connect with your innate wisdom and embody a fully alive woman. You'll get in touch with many lost parts of yourself and start to feel that wholeness you've so longed for. Do we even know what the world can be like if all women tapped their feminine genius and started living their lives from that genius? That world would be amazing beyond our dreams....and it starts with picking up this book for yourself and then sharing it with a friend. You'll be glad you did.

I'm about 1/2 way through and just loving this read. It is so clearly aligned with my Buddhist practice and other tantric practices I am exploring right now. The voice is authentic, relatable, kind and permissive for emotions. I've been exploring an alternate path that has lead me away from feeling depleted for a long time, and this writer really helps me feel that's all right to do so! Our culture values this going-going-going mentality that measures physical reward and defines us by what we do instead of who we are, and Silver explores a new way to live that may be judged by others but is so much happier for me. So glad to be reading this and you will be, too.

From the very first pages of this book, I felt known, understood, held and beheld, in total safety and appreciation, with a tenderness and respect that could melt a glacier. LiYana is a true visionary, and yet is also the best friend who gets all of your dark, scary secrets and loves you anyway. Loves you BECAUSE of them, even. She is real, raw, funny, poetic and deliciously sexy. Her turns of phrase are masterful, her stories are wildly compelling and her truths are undeniable. They are OUR truths, the world's truths, and it's about damn time somebody stood up for them. Love this book!

This book is perfectly titled, Not only is it written by a true feminine genius, it really guides you on how to discover your own. Written in an exquisite, engaging and poetic style LiYana showers you with the genius she has discovered in cultivated through her life. This author is an amazing teacher

and I'm so glad that she has distilled her brilliance into this book. Every woman needs to read this. I know I'll be coming back to it time and time again. As a matter of fact, I just finished it yesterday and I'm starting again today. The content and writing style is so engaging that I even voraciously read every line of her acknowledgements. I've already gifted this book to many women in my life because it's contents are so valuable. I plan on sharing it with many others as well. Definitely read this book. You won't regret it.

I am only into chapter two and this book is a soulful treasuring . Each word drips with honey and transmits deeply her soul and core values and feminine genius as I can't wait to turn the page. However so early on I am getting such ancient wisdom of the divine feminine in every level that I desired all in one book that I savoring and digesting all of the soul work I have done in different communities integrating the Masculine and feminine genius as she shares so exquisitely with her stories and her deep experiences. I was in a dark night of the soul recently and so deeply feel held by her in this book and the divine blessings of the darkness. I am so deeply grateful for this book written by a woman that has all that desired to learn about it one book and have shared her videos and this book with so many already because I wholeheartedly believe everyone should read it. I love her already and feel her humor her love her passion and stand for all women ! And men!! Hope you all will read this book and give yourself this gift to savor your divine feminine and the gorgeous Permission to feel all of your feelings as the gold they are. Wow can't wait to read more. Thank you Liyana I feel so inspired on a deep soul level.I love all of your quotes and I love so many people you mentioned in your book too such as Regena and Annie Lalla and Alissa vitti and pema chodron. For some reason I heard the call when I first saw this book bc my friend Jena la flame shared it and I love her so much. So grateful for sisterhood and all of you priestesses living the sacred and making this planet better with your love and generosity and deep stand for all beings to honor the feminine. Namaste . I love you sister and join with you on this path of listening and honoring our feminine genius so clearly articulated expressedAnd felt!Ã¢Â•Â¬Ã¢ÂÃ¢Â

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