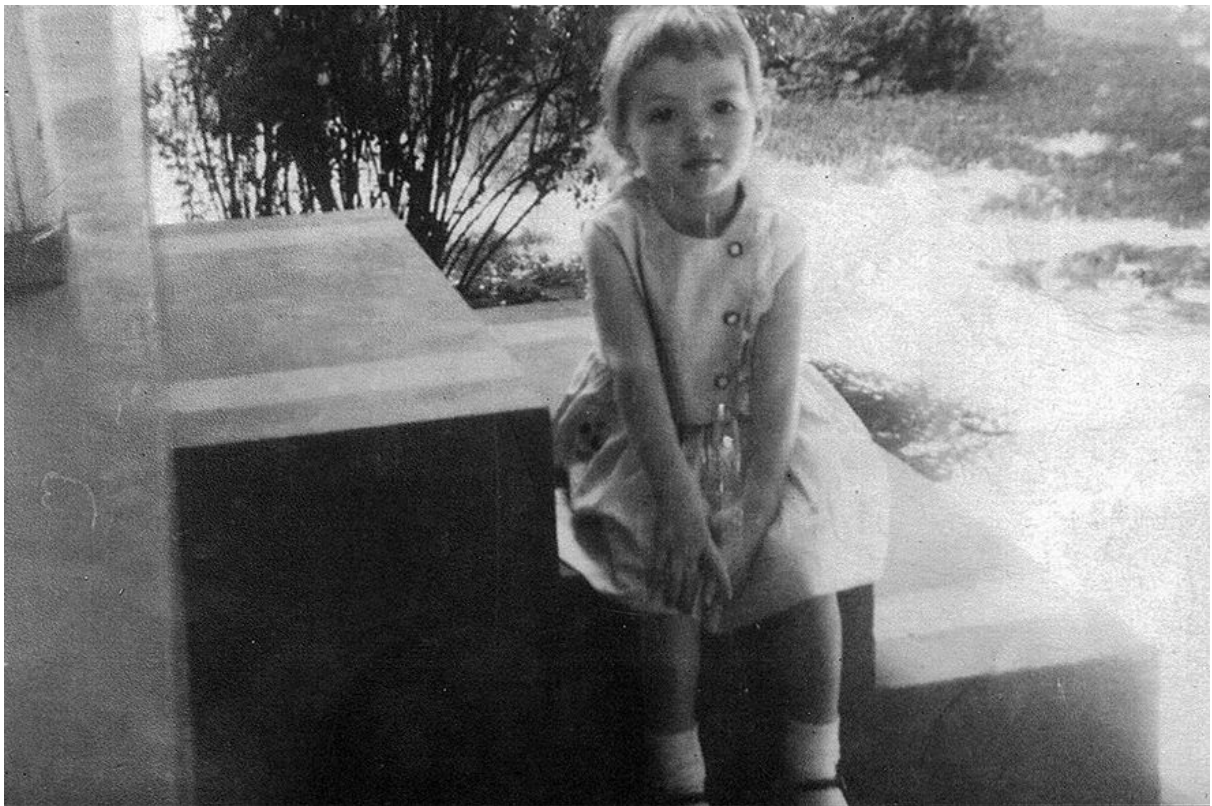


# Amy Williams

## ♥ Wellness ♥

### How to Heal Your Wounded Inner Child



Do you feel bad when you do nice things for yourself?  
Are you unhappy with your relationship and feeling stuck?  
Do you struggle with feeling guilty A LOT?

Do repeating patterns in your life keep you frustrated and feeling somewhat helpless?  
Do you want to live a different life and don't know how?  
Do past hurts haunt you?

You can become the person who changes all this when you learn how to heal your own wounded inner child!

