



Dear Reader,

How do you gain that undeniable trust in yourself so that you're then able to move forward and live life on your own terms, doing and saying the things in your life that you most want to do and say? Working the job you actually want to be working, not the pretend job that someone else told you is acceptable, that you *should* do, because the thing you really want is too far "out there", too unreasonable and impractical. "You must be kidding yourself if you think you can do or have *that*." This is the voice of doubt, whether it comes from others or whether it's something you believe about yourself. And you don't have to live this way.

I wrote this book for the woman I used to be. You *believe* there is a way out to something better, but you don't know *how* to get there or *where* to *begin*. You want more out of life and you know there's something more...you just might not know what it is *or* you might know exactly what it is, but you just haven't given yourself the permission to acknowledge this is what you want. You are at a crossroads. Stay on the path you're currently on, in the job you hate, in the relationship that is no longer working, in the scenario that has you *settling*. OR you can make that change. You can choose to go down a different path. An uncertain path, yes? But because this book will teach you how to cultivate that insane confidence muscle, which is ultimately trust in yourself, you can take that uncertain path and thrive in it.

I also wrote this book for you, if you have a degree of looks-good-on-paper achievement and success, but you feel a bit dry with it all. A bit empty. You see people who look like they are SO IN LOVE with life and your knee-jerk reaction is to think they must be on crack. But secretly, YOU WANT THAT. You want to suck the real sweet nectar from this fruit called life. You want to dive neck-deep into the experience of living that has you curl up your toes and give yourself the tightest squeeze, because it feels so good. You want to feel more. Bliss. Serenity. Excitement. Nourishment. Fulfillment.

You want to dive deeper into yourself. You want to stop caring what other people say you should be doing with your life, how you should look, who you should associate with, and what it means to act like a respectable and successful person. You want to unapologetically just DO YOU. From this place of pure honesty and open-hearted excitement, you want to call forth into your life your next adventure.

This book is for you if you are in that sweet spot of asking, "*What's next?*" in your life. You feel at a crossroads. Something's got to shift. You are yearning for an integrated satisfaction that touches each area of your life. I wish I would've read this book when I was 18. And I probably would have read this book as a junior in college. Then referenced it again a few years after college. And read it *again* years later as I felt that deep yearning for something that I didn't actually believe I could have. And this last scenario happens to us regardless what age you are.



So I'm writing this book now, with the intention that the woman I was happens across it in the bookstore, on the internet, or receives it as a gift. Through these pages, I hope you tap into your inner knowing and dance forward in your life with passion and enthusiasm, knowing you are living on your own terms.

This book is for the person who's ready to stop *thinking* their way to living the dreams and desires of their heart. Rather, I'll teach you how to use your body, through dance and your feelings, to unlock more self-trust and in turn greater confidence.

How much do you trust yourself? Do you trust that following your intuition leads you to the life you desire to live? Can you rely on yourself? Do you have your own back?

In this book, I chronicle my journey from being deathly afraid to let myself be seen for who I really am in those spots that mattered most to becoming a person who largely lives in the realm of feel-good, kick-ass Confidence. FGKA Confidence involves the entire being – spiritual, emotional, and physical. It's about cultivating the inner trust that leads to a feel-good experience that extends into the action of kicking ass at whatever you do.

When you learn to integrate all of your being in a consistent way, utilizing your body through dance and other body-based exercises to anchor the integration, you become unstoppable. Using your body is key. Feel your feelings in your body. Feeling your Self in your body. Feeling your body. Using the body anchors you. It can be the vehicle to birth your desires into reality and rock your life. You need all of it to have feel-good, kick-ass confidence.

Use the power of your body to rock out your life, to create your dream life, and to transcend your limitations!

Feel good and kick ass,

*P. Valerie Dauphin*