

Iris van Ooyen

Author Transformational Mentor Creator

I'm the girl who did everything the way it was expected. The corporate job. The brand-new house. The handsome husband. I was the 'good' girl. And once I'd achieved everything I thought I'd ever wanted...I was the **miserable** girl too.

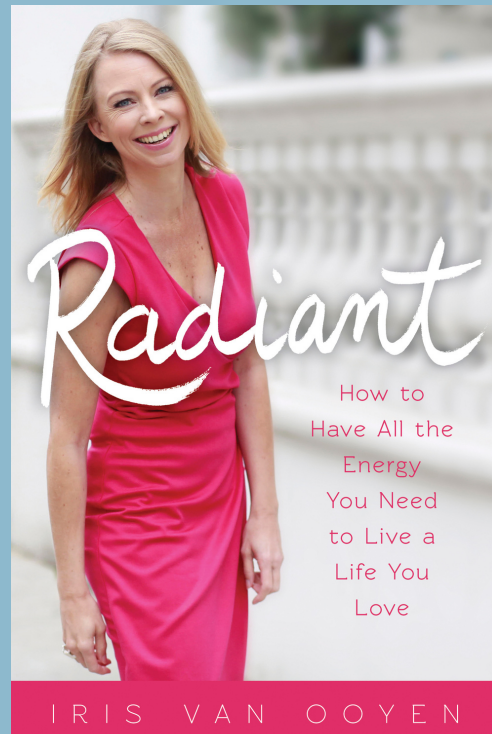
We must learn how to take good care of ourselves because we have never been taught. Being tired most of the time is not normal. This book gives you the tools and practical tips to go from being drained to having plenty of energy to enjoy your life!

Benefits of the *Radiant* Approach

- Learn to manage your energy and restore your sense of control.
- Get back in touch with your body and listen to what it's been trying to tell you.
- Set (and uphold) healthy boundaries with yourself and others in your life.
- Increase productivity and creativity on your terms.
- Start living the life you want and deserve.



Iris van Ooyen is the creator of the SWEET POWER™ approach to personal and career development, growth, and self-care. An MBA with a background in corporate marketing, Iris combines her extensive business experience with her renowned razor-sharp intuitive insights in order to support thousands of clients in living fuller, healthier lives.



About the Book

Using personal stories, tips, and insights, *Radiant* will teach you how to move from being drained to having plenty of energy, and each section ends with an invitation to help you put the insights into practice.

Find a happy, healthy balance and start loving your life!

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