



## On the Verge: Wake Up, Show Up, and Shine

*Cara Bradley*

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## **On the Verge: Wake Up, Show Up, and Shine** Cara Bradley **Tap Your Body-Mind Intelligence and Thrive**

*On The Verge* is a call to break free from your busy mind and to wake up in this moment, fully engaged and ready to shine. Cara Bradley, a mental strength coach to CEOs and elite athletes, offers powerful body-mind practices to help you shift beyond “crazy busy” into high definition, high voltage living.

Take a deep breath and get excited. You’re about to discover how to shift from frazzled to focused, and from chaos to clear. Learn how to step beyond distraction, drama, doubt, and fear—and show up in this moment—on the verge—where you not only feel better, you perform better.

This invaluable guide will help you become more centered, more productive and more successful. You’ll learn proven techniques and innovative strategies, which will enable you to:

- drop the drama
- notice this moment
- see clearly
- be kind
- trust your intelligence
- and lean into ripe opportunities

Everything you’re searching for is available to you in this moment. Everything you need is right here on the verge.

## **On the Verge: Wake Up, Show Up, and Shine Details**

Date : Published April 5th 2016 by New World Library

ISBN : 9781608683758

Author : Cara Bradley

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Genre : Nonfiction, Self Help

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## **From Reader Review On the Verge: Wake Up, Show Up, and Shine for online ebook**

### **Joe Burton says**

I'm lucky enough to have gotten to know Cara personally. Her energy and passion comes through here, with tips to get more out of life.

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### **Steph says**

Down to earth, simple practices and real life implementation of the practices are offered in this easy to read, uplifting book. This is not the average, overhyped "self help" book - what Cara offers is her own life experience both personally and professionally- so that readers can take what they want/need and move forward with their lives. I read this book in the midst of total chaos in my life, and took just one of the breathing practices into my daily routine- I have been able to find calm and focus more often. What I love the most is the clear language and lack of spiritual jargon/buzzwords that appear in many yoga related books. I have gone back in and read a few chapters more than once. Highly digestible and effective.

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### **Amy White says**

Inspirational, thought-provoking and motivating. I read this book cover to cover and did not want to put it down. The story, tools and thought processes really got my own mind going. I highly recommend this book!

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### **Amy Ingalls says**

I won this book in a giveaway. I enjoyed this book. I liked that the author talks about not adding anything but just meeting yourself where you are. I also like the emphasis on being kind to yourself. I tend to have a very busy, racing mind and am going to try and incorporate some of her gut checks into my day.

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### **Amy Edelstein says**

What I love about Cara Bradley's book "On the Verge" is her authentic voice. She's strong, she's smart, she's positive, and she has life experience. Her book gives you that "get up and at 'em" enthusiasm with a gentle but encouraging coach's insistence to follow through. And her exercises are do-able and inspiring. In a world where we all need to feel like someone's got our back, On the Verge provides just that warmth and support for us to be our best selves and then some.

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### **T Love says**

I read a book a week for my radio show and every once in a great while comes along a book that is far beyond a FIVE STAR rating. This is that book! So well written with short, succinct stories, practices, that do not take up time, strategies, tools, all that and so much more AND it is a very quick read. A quick read where you totally GET IT! You don't just get it though, you realize, YOU CAN DO THIS! You already are everything you are trying to be, you already are limitless, allow yourself to be astounded – read this book. You will grow, transform and THRIVE like you never imagined. YES, it is up to you – but this book shows you the way to take you where you have never gone before – and it is a most beautiful place where you will find purpose and fulfillment. Highly recommended. Kudos to the author, Cara Bradley, for gifting this world with her experiences, knowledge and wisdom!

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## **Tiffanie says**

2.5

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