



## The Full Spirit Workout: A Ten-Step System to Shed Your Self-Doubt, Strengthen Your Spiritual Core, and Create a Fun and Fulfilling Life

**Kate Eckman**

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Kate Eckman's self-help text *The Full Spirit Workout* suggests ways to shed one's inner baggage.

Whether they realize it or not, the book says, many people live lives based on competition and fear, but without getting the results that they want. Enter "Coach Kate," whose book is packed with wisdom to make inner fitness a priority. This work starts with realizing that "inner pounds" have the same impact as physical weight, leading to exhaustion, anxiousness, and depression.

The book's ten-step system is comprehensive about transforming inner lives, covering mental, emotional, and spiritual health. It begins with common wisdom: step one is "stretch your comfort zone." After these vital stepping stones, it ventures into bold new territory: step six, "boost your mental metabolism," shows how to "convert thought patterns into energy," covering planning for success, adapting to challenges, and looking beyond oneself. The process promises to result in resilience and fulfillment.

Eckman uses her own story to bolster her advice. Her experiences as a leadership coach and a spiritual personal trainer give the book depth and strength. Like physical exercise, she shows, building spiritual strength takes time and intention. Her comparisons of physical and spiritual training make the process easy to understand and visualize: here, spiritual exercise pays off in the form of a life that attracts the good it desires.

*The Full Spirit Workout* deviates from standard spiritual approaches in welcome ways. Its work will be easy for driven people to grasp. Each chapter closes with journaling, exercises, meditations, and affirmations. Throughout, the tone is encouraging—especially true of the book's "Coach Kate Check-Ins," which are heartfelt and gritty.

*The Full Spirit Workout* is a self-help road map to spiritual fitness.

MELISSA WUSKE (May / June 2021)

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