

Belonging

OVERCOME YOUR INNER CRITIC
AND RECLAIM YOUR JOY

by Catherine A. Wood

CONTACT INFORMATION

phone: 978-491-8318

email: catherine@catherineawood.com

website: www.unbounded-potential.com

Instagram: [@unboundedpotential](https://www.instagram.com/unboundedpotential)

HEADSHOT LINK

AUTHOR BIO

Catherine A. Wood believes that we each hold within us the capacity to be deeply joyful and content. With an incredibly positive and optimistic outlook on life, Wood has achieved a state of intrinsic happiness throughout her personal journey.

Years ago, she found herself emotionally misguided and searching. Looking for answers on how to fill that looming sense of emptiness from within, Wood attempted to fill the void through the relentless pursuit of achievement and external accolades. She spent much of the next decade traveling the world and searching for the answers that she now shares in her book, *Belonging: Overcome Your Inner Critic and Reclaim Your Joy*.

With a voracious appetite for both new adventures and meaningful conversation, her laugh will cause you to smile and her vulnerability will help access your own.

Founder and Head Coach of Unbounded Potential, learn more and connect with Catherine A. Wood at www.unbounded-potential.com or on Instagram [@unboundedpotential](https://www.instagram.com/unboundedpotential).

BOOK DESCRIPTION

Accepting ourselves requires less work, less achieving and less doing than one might think. The path to greater happiness, greater contentment, and greater self-love is the basis for Catherine A. Wood's debut book, *Belonging: Overcome Your Inner Critic and Reclaim Your Joy*. Believing that we are unique in our thoughts of unhappiness or dissatisfaction is one of the greatest barriers to the change that will result in experiencing belonging.

This book appeals to readers who may ask:

- When will I be enough?
- How do I overcome feeling like an imposter?
- How can I fall in love with myself?
- What would it be like to feel a deep sense of joy and contentment with myself and my life?

Through stories and practical exercises, *Belonging* shares Wood's journey and process, and shows us how to reclaim both our experience of happiness and sense of belonging in the world. This book is for fans of Marianne Williamson, Debbie Ford, and Brene Brown. *Belonging* is your invitation to experience a personal transformation, become more self-aware, and gain a sense of satisfaction and contentment with your experience of your life.

FAVORITE RELATED TOPICS TO DISCUSS

- Overcoming being a **people pleaser**
- Methods to conquer **imposter syndrome**
- Building **confidence**
- Learning how to **celebrate yourself**
- What to do when you think you don't know **what you want or need**

Belonging

OVERCOME YOUR INNER CRITIC
AND RECLAIM YOUR JOY

by Catherine A. Wood

FAVORITE PERSONAL TOPICS TO DISCUSS

- My morning **self-care routine**, what it looks like, how I developed it, my resistance to it, and the life changing impact it has ultimately made
- Why I began **taking myself out on dates**
- When **selfish** became a quality I admired rather than abhorred
- The value of **personal hardship** and accepting vs rejecting them

FAVORITE QUOTE, WHY?

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do, so throw off the bowlines, sail away from safe harbor, catch the trade winds in your sails." - Mark Twain

Twain's quote has always been impactful for me because in my experience there is nothing like going on an adventure to get us out of our comfort zones and present to possibility and joy rather than fear of failure and our inner critic. I have always related to many of my life's greatest challenges as adventures as they have allowed me to hold them with greater perspective and reverence.

MAIN PIECE OF ADVICE/BOOK TAKEAWAY

We are much more alike than we are different, yet many of us operate under the presumption that we are not. Believing that we are unique in our thoughts of unhappiness or dissatisfaction is one of the greatest barriers to the change that will result in experiencing belonging.

[LINK TO ADVANCE READER PDF](#)

FAVORITE QUOTES FROM BOOK TO DISCUSS

"We humans are known to intellectualize ourselves out of changing our lives. Choosing intuition over intellect gives us access to wisdom versus calculated logic"

"My personal morning routine is one of the greatest transformations in my life. It is the single starkest contrast in how I live my life today."

"Every time we blame it on the traffic, or the metro being delayed, or that person not getting back to you, or the birthday party at the office that caused you to eat two slices of cake, we are playing the victim."

10 POTENTIAL QUESTIONS TO ASK

1. Why you are encouraging us to be selfish when the US is already one of the most individualistic cultures in the world?
2. How does your book help overcome imposter syndrome?
3. What would you tell me if I don't know what I want to be when I grow up?
4. How do we gain more confidence?
5. Why is falling in love with yourself so important these days and what does that even mean?
6. How is this book going to help me identify my wants and needs if I don't know what they are?
7. What was the hardest thing to write about?
8. Why YOU should read the book if you really really think (insert loved one's name) should read it?
9. How can you prevent your feelings from dictating your life?
10. How do I create community when people are always cancelling or not following through?