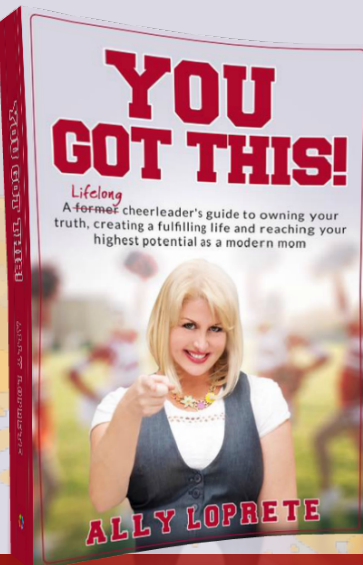


## YOU GOT THIS!

**A lifelong cheerleader's guide to owning your truth, creating a fulfilling life and reaching your highest potential as a modern mom**

Whether stuck in a circumstance, blocked from introspection or seeking deeper purpose, *You Got This!* is a call for inspired action and reverence of personal triumph. It's a permission slip to courageously celebrate all of life's journeys, rebel against societal expectations, and discover the unabashed self truth that will lead to powerful personal transformations and spiritual enlightenment. *You Got This!* is an honorable and brutally visible chronicle of a former cheerleader and current mom's perspective --written in a language that will especially resonate with today's modern parent -- unleashing the true grit of what it takes to reach ones highest potential and as well as the top of the pyramid.



## Meet Ally Loprete...

Self-made mompreneur and human potential advocate, Ally Loprete is nationally recognized as a vibrant and dynamic public speaker, radio personality and television host. She is the founder of OurMilkMoney.com, a nationwide online business directory of self-employed parents, the host of iHeart Radio's THIS LITTLE PARENT STAYED HOME where 6 million listeners tune in for resources and support, and the cohost of WAKE UP TV, a nationally televised broadcast for the new mainstream. You can catch Ally on her new iHeart Radio and on-camera live streamed show DRAMATIC IMPACT WITH ALLY where she interviews successful actors, directors, writers and producers in Hollywood to lift up aspiring artists around the world. Ally is a member of the PFLAG Speaker's Bureau, educating and advocating for LGBTQ and she is a public motivator dedicated to advancing women's leadership worldwide. Ally lives with her husband and their two sons in the northern suburbs of Los Angeles, in a home filled with lots of laughter.



## What You Will Learn with This Book:

- ✓ **Awaken your very own personal cheerleader, capitalize on your inner resilience and enthusiasm, and lift your own spirits during times of struggle or uncertainty.**
- ✓ **Tap into your highest potential and achieve mind-blowing abundance, personal transformations and spiritual enlightenment.**
- ✓ **Move past limiting beliefs and break down unnecessary barriers to reveal your unrealized human potential.**
- ✓ **Discover the most effective way to problem solve, make tough decisions without hesitation, and rid yourself of doubt once and for all.**
- ✓ **Create a positive and enthusiastic environment for yourself and your children to flourish, regardless of any circumstance.**

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