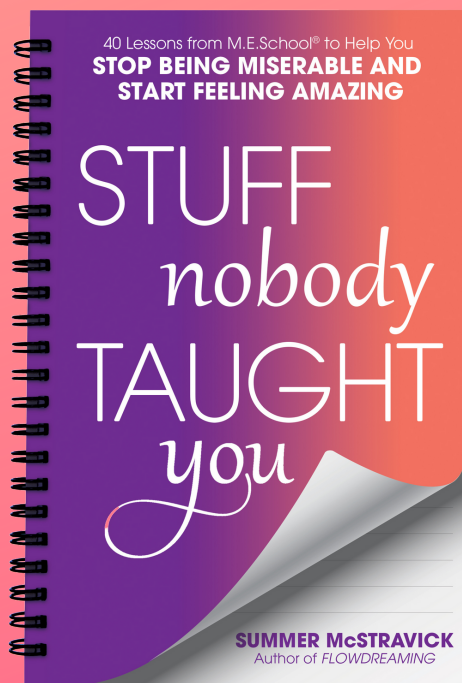


40 Lessons from M.E. School® to Help You Stop Being Miserable and Start Feeling Amazing



STUFF nobody TAUGHT you

By Summer McStravick

Summer McStravick is a powerhouse of positivity and inner transformation. A personal growth coach and creator of Flowdreaming® – a mind-body protocol practiced by over 180,00 people for emotional reconditioning and manifesting desires. Summer understands the importance of remaining attuned to your emotions, needs, and longings and knowing when and how to pivot when life demands it. In *Stuff Nobody Taught You*, Summer offers readers saucy straight-talk and actionable tips to create wildly successful and happy versions of themselves.

Stuff Nobody Taught You distills principles Summer teaches at her popular M.E. (Mindset and Emotion) School in 40 bite-sized lessons with prompts at the end of each chapter. These lessons include:

- Feelings, not things, are the goal: Summer teaches readers how to see past the “thing” we might want in life – more money, better job, happier relationships, etc. – and to dive deep to discover what emotional needs our desires represent.
- Tackling the fear of success: While many of us may shrink from the fear of failure, Summer encourages readers to take a look at the ways the fear of being successful and being seen can stunt personal growth.
- Heal when you’re ready: Readers find insights on healing core emotional wounds when they are ready.
- The power and necessity of heartbreak: Summer offers a revolutionary perspective on heartbreak, encouraging readers to understand grief as a powerful catharsis that clears out stuck energy and emotion and clears space for joy to take its place.

For anyone feeling that it’s too late to change or reinvent themselves, *Stuff Nobody Taught You* reveals that change is possible, no matter where you are in life. You already possess the power to transform your life.

ABOUT THE AUTHOR

Summer McStravick is a personal growth coach, author, podcaster, and creator of Flowdreaming®, a mind-body technique for manifesting and growing inner emotional strength, and of M.E.School®, a life changing personal growth program that happens every autumn. Her latest adventure is a year-round monthly membership program, “Flow On,” where she teaches spiritual growth seekers how to fuse manifesting into their daily lives.



(c) Nikki Incandela

PRaise for STUFF NOBODY TAUGHT YOU

"Summer warns you that she has a sailor's mouth. But if you can buckle up for a really fun ride and not get triggered by the f-bomb, she promises to take you on the ride of your life. Being in the world of personal growth for decades, Summer has valuable gems to share that you won't find on a Google search. You get to dig deep into your heart and soul while assisted by her prompts so you can map out your vision, get crystal clear about who you are, and know how to manifest what you want right now and in the future. The best part is that you will feel light and joyful while doing it. Summer cracks you open in the most enjoyable way, so you don't have to live an ordinary life."

—Dondi Dahlin, author of *The Five Elements*

"*Stuff Nobody Taught You* arrived at the perfect time in my life when I was questioning almost everything I was currently doing. It helped me navigate my life and reinvent myself in a new and confident way. This book is literally like having the best coach and accountability partner you can imagine walking alongside you, while you are transforming and reinventing your life. A definite must read for all those looking for a new way of living in their world."

—Keith Macpherson, speaker, coach, author of *Making Sense of Mindfulness*

"Summer's unique voice will speak to your soul! Unlike so many watered down, cookie-cutter personal growth practices and inflated promises, her techniques and ideas are truly effective, wonderfully original, and practically magical. She's a true pioneer in personal growth, and this book is her best to date."

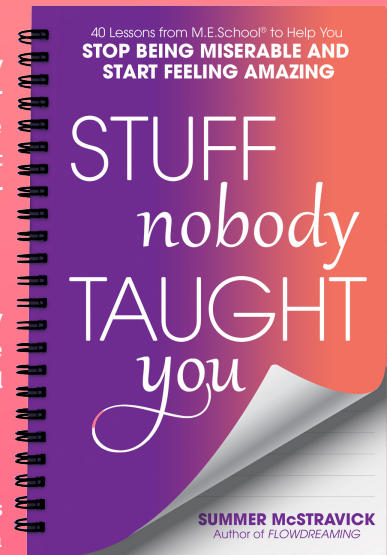
—Morgana Rae, author of *Financial Alchemy: 12 Months of Magic & Manifestation*

"Summer is a self-help stalwart: educating and inspiring people for decades. I'm so in awe of her graciousness, commitment, and loving spirit."

—Leonie Dawson, author of *My Brilliant Year*

"With equal parts humor, sass, and wit, Summer takes one through a journey to aliveness. There's no stone unturned regarding the hidden saboteurs that make us self-abandon, yet she makes it okay to be confused, conflicted, and simultaneously inspired with big dreams bursting at the seams. It's this permission that allows the reader to laugh at oneself, give up the B.S. that has been stopping them, and surrender in the most delicious way. And with practical prompts at the end of each chapter, the insights stick. I'd never have thought I'd call a book about personal transformation a 'page-turner,' but this one is!"

—Barb Wade, M.A., executive coach, speaker, and author of *Your One Year Permission Slip*



TALKING POINTS

- **Stuff Nobody Taught You:** Can you imagine all the things we wish we'd been taught? Like, how to handle money well. How to heal an argument. How to create emotional boundaries. How to reinvent yourself when you've hit a deadend in your life or heart. Nobody ever really sat us down and taught us how. Until now.
- **Who's Suffering From Lack Thinking?** When we talk about going bigger, part of us pops up, hellbent on keeping us smaller. What is that part and why does it do that? Let's talk about how to overcome all those "not good enough" and "it'll never happen" thoughts.
- **Get UnFunked with Emotional Reconditioning:** Feeling funky lately? Disappointed with what you've made so far or thirsting for something finally rewarding? We'll discover how a technique called emotional reconditioning (or Flowdreaming) can fully rewrite your inner emotional landscape.
- **Emotional Detox:** We cleanse our bodies. We dopamine detox, and get off of tech. But what about our emotional selves? When was the last time it had a good scrubbing? And, how will we feel when we've spit-shined it up?
- **"Next-Leveling" By Design (Not Luck):** You've been playing small. You've been stuck. One part of you is generally running the show: your head, or your heart. And baby, they don't want to give up one drop of that power. But, our goal is to get into balance. That's how we see the true riches available to us. We'll pull apart "mind spin," fear, and other things we do to ourselves to keep the king and the queen in separate bedrooms. We'll talk about the inner work that needs to happen to get unstuck and enter your true next level of growth (personally, financially, and in any other way).
- **You're Not Melting Down....You're Melting Through:** What does it mean when you feel stuck, banging your head against the same wall over and over, throwing your hands up in a frustrated meltdown with whatever you're trying to achieve? It means it's time for a new route....for some ease and flow....but how do you cultivate those qualities in your life? What shift has to happen inside you?