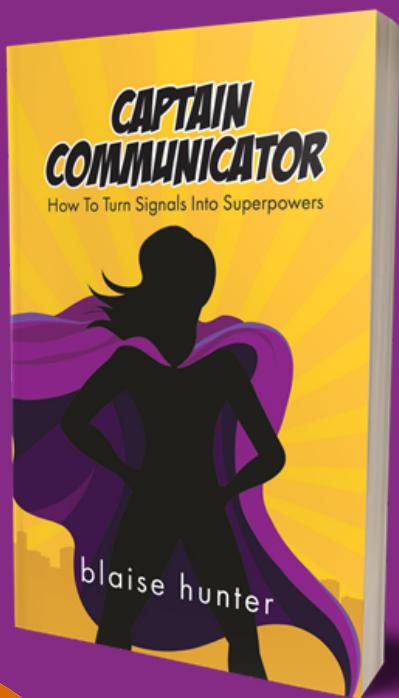


CAPTAIN COMMUNICATOR

How To Turn Signals Into Superpowers

blaise hunter

#1 Bestseller
amazon



Do your signals get lost in translation?

Would you like communication superpowers?

The human race relies on communicating to survive, yet we are horrible communicators. Every day we experience assumptions, conflict, triggers, and disconnect, but we never really hone our communication skills. Blaise Hunter, the author of Heroine: Embrace Your Flaws & Own Your Awesome, takes you on a journey of becoming a Captain Communicator. Through this brave story of reflection, trauma-healing, and heroism you can learn how to:

- Reduce arguments and turn them into meaningful dialogues.
- Heal the internal wounds by taking control of our narratives.
- Speak the body's language.
- Become a universal translator.

"I can't help it if someone takes issue with what I'm saying or doing, but when they come at me, it is my responsibility to receive and respond with maturity, grace, and wisdom. This is how we stop the identity theft." | Blaise Hunter

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ABOUT THE AUTHOR



Blaise Hunter is breaking barriers with her consulting agency, Blaise the Trail Inc. Known as the modern-day superhero, she inspires others to own their super identity. Blaise is a writer, multi-award-winning humanitarian, international speaker, fertility expert, certified human rights advocate, Mother of Purpose, and Breaker of Chains. Her mission is to heal with her humanity.



BODY LANGUAGE

"You have an autoimmune disease, where your body physically attacks itself? Do you think there's a link with your condition and how much you hate yourself and how you attack yourself everyday with your thoughts?" This was said to me at my very first appointment with a BodyTalk practitioner. Those two questions transformed my life. At that moment, I stripped away the aliases and dedicated myself to connection through vulnerable and candid communication. To know ourselves, we must learn how to interpret what our bodies are trying to tell us each moment of every day. Our bodies consist of a highly intelligent major integrated communication network, sending and receiving messages on a continual basis. Our bodies are somewhat like computers, and we should treat them with the same care as we do our smartphones and laptops. When's the last time you recharged your body battery? Have you ever installed an internal firewall? How often are you doing updates?

Do you do regular defrags and resets, or are you just waiting until your body has a complete crash? We must start examining our bodies and giving them more respect than what we have in the past. Without properly functioning bodies, we begin our days with bad signals and are vulnerable to deadly viruses.

**TAKE
A LOOK
INSIDE**

PLUGGED IN

Often life is a battleground, and mere survival is what we as parents focus on. When we are in that mode, it's difficult to always be present for our kids. My words aren't meant to chastise anyone but rather to sound the alarm of the gravity of the subject. We aren't going to be perfect, but if we can set the intention to try our best, day in and day out, we will be a plugged-in parent by definition. We need to calm all the noise and get into the game. We can't be bystanders who catch the highlights of our kids' lives. We need to be the engaging coach and razor-sharp referee who blows the whistle on ourselves and our children. We need to stop the narratives and actions that take us on destiny detours—for ourselves and for our future generations.

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