

### How To Use Women's Powers-To Make A Healthy World by Ruby Sengar

★★★★★ "A very powerful book just as its title name says!" - Reader Review

Discover how you as a woman can explore your powers of motherhood, love, spirituality, giving, leadership, vision, courage, and more!

This book will help you to empower yourself and that will impact not only your families, and communities but the next generations.

This book shows women how to understand others and get the love of their kids, spouse, and loved ones, and discover the amazing power of self-love.

Gives tips on how to take care of your health, hair, and skin. Natural remedies to stay healthy and fit.

Teaches all the steps, how to maintain good relationships, find your purpose, and give back to society.

Order your copy and let these courageous stories Ignite the fire in you and remind you that you have all the powers to make a difference for the betterment of the world!



**Review by Keila Delgado:** 5.0 out of 5 Stars. Harnessing my power! Reviewed in the United States on March 13, 2023. Amazing book! Definitely empowered and inspired to harness my divine feminine and use it as a tool to create a better world. I highly recommend it!

**Review by Jihane Kasbi:** 5.0 out of 5 Stars. Highly recommend! Reviewed in the United States us on November 1, 2022. I think the best way to go about reviewing the book is to think of the tone. You get a sense of it right from the cover and it carries into the book. There isn't a slew of theories or vocabulary to throw you off. The message is there. This is a great tool to improve yourself, as you continue on whatever path you're striving for.

The book is a page turner and a must-read for women, men, people! of all ages. It touches on nearly every aspect of life, and I found a lot I could personally relate to. Every woman I know has a voice in their head telling them “No” in one form or another. This book helps turn that seemingly negative voice into a tool for self-empowerment.

This is a book you will return to many times for the lessons and words of wisdom apply no matter where you are in your sacred journey. It's a must read for every woman who desires to discover the life she's meant to live. This book will help women open up to understanding that their souls has been calling to them for a very long time and it's up to them to listen and do something about it.

Women have an opportunity to play a bigger game and step into their epic lives. Highly recommend!

**Review by Angelica M. Duenas Chavez:** 5.0 out of 5 Stars. A very powerful book just as its title name says!! Reviewed in the United States us on November 9, 2022. It has a very nice content, It Gives Value to Women and Empowers them but in the Healthy Version! With this Book it teaches us how to take care of ourselves and how to Take Care of Our Families! It is a very Spiritual Book and I like it because I know that the Creator is Inspired by Our Creator that's why I recommend it with confidence!!

**Review by Enrique Felix:** 5.0 out of 5 Stars. Wonderful information on self-care & self-empowerment! Reviewed in the United States us on November 1, 2022. Wonderful book depicting real life experiences. Great tips on health, self-care, self-empowerment, healing & spirituality. Thank you, Ruby for sharing all this information, as well as many other topics that may affect our daily life, one way or another.

**Review by Amazon Customer (Carol Melika):** 5.0 out of 5 Stars. Awesome Knowledge!!!! Reviewed in the United States us on October 5, 2022. Amazing book that is filled with great knowledge for women. I absolutely love it and recommend it for any woman out there no matter where they live in the world.

**Product Details:**

Paperback: 249 Pages

Publisher: Independently Published (August 23, 2022)

Language: English

Family Health

Self-Improvement (Health and Wellness)

Spirituality  
Women Empowerment  
Women's Literature (Criticism)  
Women's Studies (History)

**Amazon Print:**

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**About The Author:** Ruby Sengar is a mother, an author, and founder of the Healthy Kingdom. She is so passionate to impact people and share information about Health, Mind & Spirituality. Her vision is to give a contribution to making a healthy world and she committed to her work by writing articles, videos, and quotations and warning people about their health, motivation, and spirituality.

She is an ideal wife, a great mother of two kids. She loves Nature and God. She has a master's degree in the Corporate Legal Field. She changed her profession to give a contribution to making the world a better place. She and her husband are supporting orphanages and other religious communities.

She believes, a woman has so much strength and potential to change society, community, and the world. A woman has the potential to change the next generations. We all, women need to more conscious and aware of the things around us and dig deep her amazing powers to make a change.

**Amazon Author's Page:**

[https://www.amazon.com/stores/Ruby-Sengar/author/B0BBZWVR3P?ref=ap\\_rdr&store\\_ref=ap\\_rdr&isDramIntegrated=true&shoppingPortalEnabled=true](https://www.amazon.com/stores/Ruby-Sengar/author/B0BBZWVR3P?ref=ap_rdr&store_ref=ap_rdr&isDramIntegrated=true&shoppingPortalEnabled=true)

**Professional Website:**

<https://thehealthykingdom.com/>

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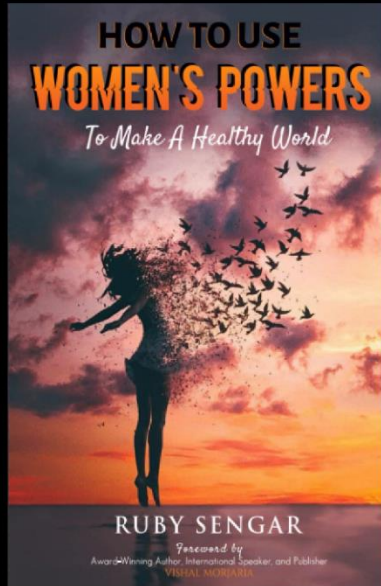
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**HOW TO USE  
WOMEN'S POWERS**  
*To Make A Healthy World*

**RUBY SENGAR**  
*Foreword by  
Award-Winning Author, International Speaker, and Publisher  
VALERIE TROTTENBERRY*

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- \* Helps all women to explore their powers of motherhood, love, spirituality, giving, leadership, vision, courage, and more, which will help them to empower themselves and that will impact not only their families, and communities but the next generations.
- \* Explains to women how to understand others and get the love of their kids, spouse, and loved ones, and discover the amazing power of self-love.
- \* Gives tips on how to take care of your health, hair, and skin. Natural remedies to stay healthy and fit.
- \* Teaches all the steps, how to maintain good relationships, find your purpose, and give back to society.
- \* Courageous stories will ignite the fire in all women and remind them that they have all the powers to make a difference for the betterment of the world.

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Ruby Sengar is the author and founder of The Healthy Kingdom. She is passionate about impacting people and sharing information about Health, Mind, and Spirituality. Her vision is to contribute to making a healthy world. She is committed to her work by sharing her wisdom by writing books, articles, and awarding people the right things. She is an ideal wife, a great mother of two kids, nature, and a God-fearer. She has a master's degree in the Corporate Legal Field but she has changed her profession to contribute to making the world a better place. She and her husband support orphanage and other religious communities. She believes that a woman plays a major role and has all strength and potential to change society and the world. She believes that all women need to be more conscious and aware of the things around them and dig deep into their amazing powers to make a change. For more details visit [thehealthykingdom.com](http://thehealthykingdom.com).

"Ruby Sengar is an inspiring writer and holistic wellness advocate who educates the world on creating change in their health and spiritual journey." Jane Short,  
(Global influencer in health and wellness, NLP and RTT Practitioner, Best Selling Author, and Host of Podcast, Oh my Health! There is hope!)

"Ruby is the kind of leader who is the first to show up and the last to leave - level of commitment. She doesn't make excuses, she makes passion, happiness, and power and has one of the most infectious energies I've ever had the pleasure of experiencing. Her voice will soon be a household name, I am sure of that." Candice Johnson,  
(Spiritual Leadership Coach)



US \$19.99/ CAN \$25.91/ UK £16.29

WOW BOOK PUBLISHING

ISBN 97863274130 90000

9 798837 474192

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