



# How Deep is Your Love?

## My "Aha" Moment

By Larisa Sharipova

**One summer day, I was strolling at the shore with my girlfriends.** I didn't enjoy the pleasant breeze and conversations at all because I was in my own thoughts about relationships with myself and others. At that point in my life, I felt miserable. I perceived myself as an unpleasant, moody, rude, aggressive, unhappy, and unlikable person. I even asked my girlfriends: "Am I a mean person whom nobody wants to be with?" They looked at me like I was joking and assured me that I was a normal girl. It didn't make any sense to me, because it wasn't what I saw in the mirror every day.

After that reflective day, I started searching for an explanation of my feelings and thoughts: How did I get here? How do I find a way out? I remembered myself as being happy, funny, pleasant, and lovable before. I'd had a lot of friends and enjoyed my life. And most importantly, I loved myself. After some time of contemplation and soul searching, I realized that there was something wrong with the way I was living my life. I knew that I needed to change something. But what? And where was I supposed to start?

It all began with a bump on my head and a bruise on my butt after I collapsed in my bathroom one Saturday morning while getting ready for my weekend job. After calling in sick and sleeping for twenty-four hours, I was back to my normal routine, but now really concerned about my health. I realized that because I had multiple jobs and worked seven days a week in order to support my two girls and my husband, who'd lost his job, I didn't have time to eat properly or eat at all. I was constantly tired and had to drink multiple cups of coffee just to get through the day. I couldn't live without chocolate, as it was the only thing that made me happy. I didn't have time to exercise or relax. This kind of lifestyle resulted in debilitated health, low self-esteem, anxiety and food addictions.

That scary Saturday morning was my "aha" moment that forced me to change my life. I wanted to know about self-growth and development as well as healthy eating and lifestyle. I started searching the web, reading books, and attending classes and programs. I entered a bumpy and curvy path that eventually, through a good deal of hard work and practice, led to success.

I'm sharing my story with you, because as a woman, you try to juggle many things, wear many hats and take care of everything and everybody but never have time for yourself. Not getting enough sleep and relaxation, not eating well, and not taking care of your own needs and self-expression can lead to burnout, stress, anxiety, and health problems.

You can rewrite your own story and change your life today by listening to your body messages. Can you hear them?

[www.holisticexpert.org](http://www.holisticexpert.org)

[lara@holisticexpert.org](mailto:lara@holisticexpert.org)

Pennsylvania, USA



**Larisa Sharipova**  
 Holistic Health Practitioner, Author & Public Speaker

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*I can honestly say that I understand women very well. If you understand yourself, you understand women, because, in the end, all women are the same. ~ Diane von Furstenberg. Fashion Designer. Born 1946*