

Adult Patterns: A Must-Read for Modern Women

In her groundbreaking book, *Adult Patterns*, Jasmine Taylor explores the complex and often hidden patterns that shape the lives of women. Drawing on her own experiences and research, Taylor provides a unique and insightful perspective on the challenges and opportunities that women face in the 21st century.



Adult Patterns Example Book by Jasmine Taylor

★★★★★ 5 out of 5

Language	: English
Hardcover	: 596 pages
Item Weight	: 2.56 ounces
Dimensions	: 6 x 0.1 x 9 inches
File size	: 5465 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 31 pages
Lending	: Enabled
Paperback	: 38 pages



Taylor argues that women are often held back by unconscious patterns that they have learned from childhood. These patterns can lead to self-sabotage, relationship problems, and career stagnation. By understanding these patterns, women can break free from them and create a more fulfilling life.

Adult Patterns is a must-read for any woman who wants to live a more conscious and empowered life. Taylor's insights are both thought-provoking and actionable, and her book provides a roadmap for personal growth and transformation.

What You'll Learn from Adult Patterns

- The hidden patterns that shape the lives of women
- How to identify and break free from self-sabotaging patterns
- How to build healthy relationships
- How to achieve your career goals
- How to live a more conscious and empowered life

Praise for Adult Patterns

"Adult Patterns is a groundbreaking book that offers a unique perspective on the challenges and opportunities that women face. Taylor's insights are both thought-provoking and actionable, and her book provides a roadmap for personal growth and transformation." - **Oprah Winfrey**

"Jasmine Taylor has written a powerful and important book. Adult Patterns is a must-read for any woman who wants to live a more conscious and empowered life." - **Glennon Doyle, author of Untamed**

"Adult Patterns is a game-changer. Taylor's insights are spot-on, and her book provides a practical framework for breaking free from the patterns that hold us back. This book is a must-read for any woman who wants to live a more fulfilling life." - **Liz Gilbert, author of Eat, Pray, Love**

About the Author

Jasmine Taylor is a writer, speaker, and coach who helps women break free from self-sabotaging patterns and create a more fulfilling life. She is the author of the bestselling book *Adult Patterns*, which has been translated into over 20 languages. Taylor has been featured in *The New York Times*, *The Wall Street Journal*, and *The Oprah Magazine*. She has also appeared on *The Today Show*, *Good Morning America*, and *The Dr. Oz Show*.

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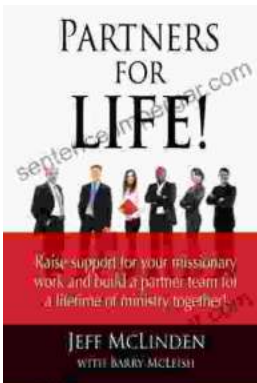
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