

Audible Book Release: Adventures of a Sex and Love Addict by Ruth Phypers

Feminine empowerment through the transformation of sexual shame, narrated by author Ruth Phypers, master of yoga and meditation and expert in cold laser therapy

LONDON, UNITED KINGDOM, June 29, 2018 /EINPresswire.com/ -- Imagine a love story where the girl doesn't get the boy (or girl) and still lives happily ever after...

In **DRAGON KING'S DAUGHTER: ADVENTURES OF A SEX AND LOVE ADDICT** Ruth Phypers shares a no-holds barred, personal account of her secret to positively transforming shame. More 'self-help' than 'memoir', **DRAGON KING'S DAUGHTER: ADVENTURES OF A SEX AND LOVE ADDICT** reads like a fast paced novel in which the reader is given such privileged access to the subject's struggle that they cannot help but reflect on themselves. The message is for hope, strength and empowerment, and offers profound solutions for happiness.

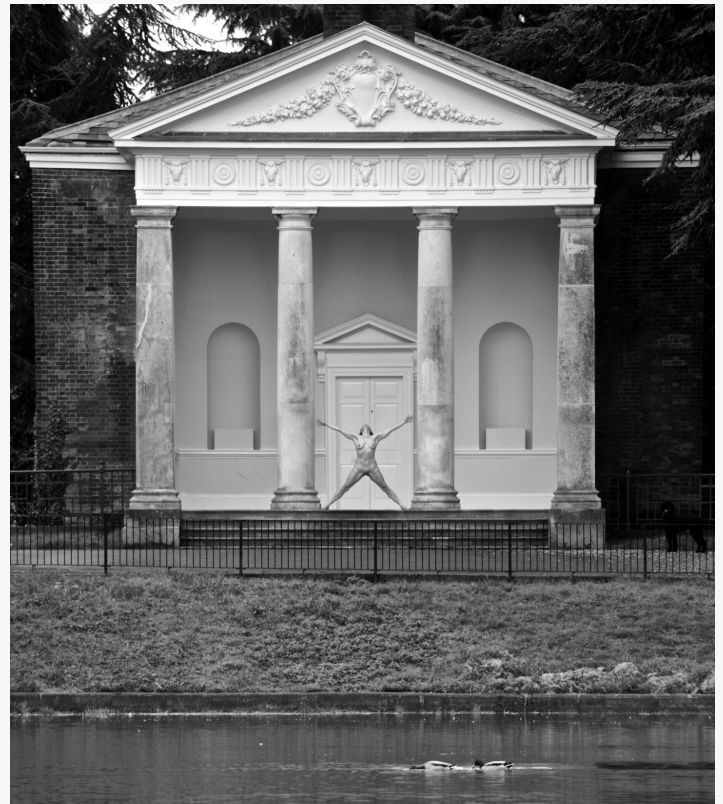
Now available in Audio Book format, Ruth Phypers brings **DRAGON KING'S DAUGHTER: ADVENTURES OF A SEX AND LOVE ADDICT** to life. Referencing ancient Buddhist wisdom in which the story of the Dragon King's Daughter stands as a symbol for the female liberation, Ruth weaves her own journey from tribulation to resounding personal victory with a tangible solution for empowered and healthy living, challenging the paradigm that women need romance to be validated. She explains:

“

With spiritual practice, self-care and holistic therapy I built self-esteem and self-love not only to forgive the people who abused me but to experience unconditional love.”

Ruth Phypers

and holistic therapy I built self-esteem and self-love not only to forgive the people who abused me but to embrace unconditional love. This is the solution, I believe, not only for a happy life but for the empowerment of women everywhere.”



Ruth Phypers. Photograph: Gibson Blanc

Ruth brings a unique perspective to sexual empowerment, being one of the few complainants in Operation Yew Tree (UK Police Central Investigation Department) to witness her childhood abuser found Guilty and imprisoned. She wishes to help other trauma survivors thrive and to be a credible voice for how to transform sexual abuse into strength and well-being.

Available on Amazon at:

<https://www.amazon.co.uk/Dragon-Kings-Daughter-Adventures-Addict/dp/B07DV14Z6V/>

WHAT PEOPLE HAVE SAID ABOUT DRAGON KING'S DAUGHTER

"This moving book describes Ruth's extraordinary journey from profound trauma to a place of peace and acceptance. In the eloquent telling of her at time unbearably painful story, she shares her insights with grace, wisdom and compassion. Read it till the last page."

Rachel Kelly, Author Sunday Times bestseller, Black Rainbow.

"Dragon King's Daughter is a beautiful story with a powerful narrative divinely granting us all permission to experience emotional freedom. Ruth's intuitive insights in this book are a gift that must be opened, shared and experienced." Miles Adcox, Onsite Workshops.

AMAZON READER REVIEWS
50 REVIEWS 5 STAR REVIEWS 5.0
OUT OF 5.0

"I am not a fan generally of so-called 'misery memoirs' as I feel that even the process of writing book does not actually lead the person to a happier place. Re-working old trauma does not make it go away. However Ruth's scorchingly honest review of her childhood, of the trauma of losing friends (and not just during the AIDS crisis) is actually the stuff that makes her decide to get well, physically and mentally. Helped by her understanding and faith in Buddhism, she clearly sets out what decisions she has to make to get better, followed by a



Audio Book Cover: Dragon King's Daughter



Ruth Phypers. Photograph: Stephen Perry

description of the hard hard HARD road to be well. This is inspiring and real. It is a clear explanation of process that involves not always blaming the other person, of taking responsibility for what is one's own part, but also not simply letting the culprit get away with it. The style is lucid and dynamic, the thoughts about how to recover from addiction clear and powerful, and the writing transports you around the world on your travels with Ruth. Read and not feel the same again. This book is nearer self-help than memoir." [Amazon Reader]

"Dragon Kings Daughter is a triumph! An extraordinary story, told with profound honesty and integrity devoid of self-pity, brimming with empathy and deep understanding of self and the human condition. I felt like I was being invited you to reflect on your own journey, to dig deep and face yourself as she has and share.

Ruth has an exceptional gift – a captivating read – it's rare that I become consumed by a book – this, I couldn't put down. It bought me to tears, had me laughing out loud perhaps because I identified so much!! Beautifully executed - a must read!" (Amazon Reader]

ABOUT THE AUTHOR

Ruth Phypers casts a unique light on female empowerment through a fully integrated mind body and spirit approach to recovery, healing and sexuality. She is a living example of how to transform the shame of sexual and emotional abuse into feminine strength and is a positive role model.

Ruth runs a Harley Street medical practice in Photomedicine (Low Level Laser Photobiomodulation) focusing on addiction/trauma recovery, pain relief, youthful ageing and natural beauty aesthetics. She studies yoga and meditation from both practical and academic perspectives. A Buddhist since 2001 and a third series Astanga Yoga practitioner, Ruth has a Masters (Distinction) in the Traditions of Yoga and Meditation from SOAS, University of London and is currently in the research phase of a Doctorate in feminine liberation through sexuality and spirituality.

Ruth's published work DRAGON KING'S DAUGHTER: ADVENTURES OF A SEX AND LOVE ADDICT narrates her transformational story of how sexual shame became the source of power, strength and unconditional happiness.

<http://www.ruthphypers.com>

<http://www.lasermedicine.co.uk>

PRESS ENQUIRIES

AUDIO CLIPS <http://www.ruthphypers.com/dragon-kings-daughter-audio/>

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