

Self-Care Isn't Selfish with Coach Kendra Stein

Myrna Lapres
October 7, 2025



Self-Care Isn't Selfish: Heal Yourself, Your Family & the World

Sat., October 11, 2025 10-11:30 am PT



In the book ***Fierce Intimacy*** by Terry Real, we learn a revolutionary way of living in connection, one that allows you to cherish your partner, yourself, and your relationship. Terry's approach to relationship is called "full-respect living"--to skillfully and honestly assert your needs while also honoring your partners needs.

Fierce Intimacy brings you essential tools for connecting with true respect, uncompromising honesty, and ever-deepening love. Having had the privilege of training under Terry Real to learn how to effectively coach couples in conflict, **Coach Kendra Stein** will be presenting the highlights of Terry's concepts from his book ***Fierce Intimacy***. These are concepts and tools that she uses as a couples counselor as she has experienced many successes for couples who put these concepts into practice. Even just one person in the relationship can make a big difference by learning and practicing the concepts that she will be teaching. Come learn what actually works in creating the intimacy you have always wanted in your relationship!

Coach Myrna, October 7, 2025
www.coachmyrna.org/

Self-Care Isn't Selfish

As you may know, I work together with a group of coaches who were trained by Hilde Wiemann, Generational Healing, as well as being members of Women's Federation for World Peace (wfw,us). We feel inspired to combine our healing work with the vision of WFWP--Women working together to establish a culture of heart in the family, community, nation, and world in order to achieve genuine and

sustainable peace under God. By hosting monthly webinars, we believe that we are putting these words into practice. Our next webinar features Kendra Stein presenting highlights from Terry Real's book ***Fierce Intimacy***.

Having had the privilege of training under Terry Real, Kendra will share with us his essential tools for connecting with true respect, uncompromising honesty, and ever-deepening love. Join us on Saturday, October 11, 10-11:30 am PT/1-2:30 pm ET. Register here to receive the zoom link:

tinyurl.com/Self-Care-Oct-11

The overarching theme for our monthly webinars is "Heal Yourself, Heal Your Family, Heal the World." Making a change begins with me because that is the only person that I have control over. But the amazing truth is that as I make effort, I change my interactions with those I care about and often, that sparks change in others as well. Each month, we are creating a global community of connecting and support by showing up, sharing, and caring about each other. All past webinars are available on our YouTube Channel. We'd love to have you join us this Saturday.

[www.youtube.com/@ Self-Care.Isnt.Selfish/videos](https://www.youtube.com/@Self-Care.Isnt.Selfish/videos)

For other blogs that I have written on healing:

www.coachmyrna.org/blog/category/healing-ourselves

To purchase my book on

Amazon: www.amazon.com/gp/product/B09L7KS5VH

If you already purchased my book, I would love for you to leave a review.

www.amazon.com/review/create-review/?ie=UTF8&channel=glance-detail&asin=B09LGWWXVZ

If you would like to know more about what I offer as a coach, please visit my website: www.coachmyrna.org/

Find out more about creating better connections with Safe Conversations www.coachmyrna.org/create-connection.html

