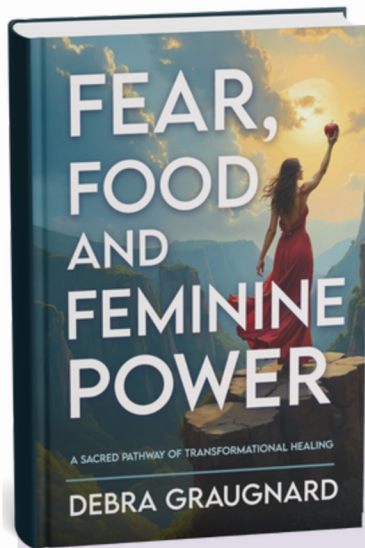


# Book Release March 2025



**Fear, Food, and Feminine Power** is a transformative guide to self-discovery, healing, and empowerment.

It explores the deep connections between fear, trauma, societal conditioning, and the feminine experience, encouraging women to confront the pervasive sense of unsafety that often accompanies living in a female body.

A central theme is the role of food as both comfort and coping mechanism. Many women turn to food for security or protection, mirroring deeper struggles with personal safety, societal expectations, and self-worth.

The book challenges cultural narratives that have conditioned women to feel broken, instead reframing these responses as natural reactions to a world that has often failed to protect them.

At its core is the CARITAS Healing Process™, a seven-step framework designed to help women release fears, heal emotional wounds, and reclaim their sovereignty.

Through actionable steps, reflection questions, and spiritual insights, readers are guided to shed limiting beliefs and embrace their innate power.

This book is a call to action for women to step into their power and lead with authenticity, fostering a collective shift in consciousness. By reclaiming and embodying their sacred feminine essence, women can foster true synergy between feminine and masculine energies sparking a meaningful transformation toward unity consciousness.

*"More than 50 percent of women report feeling unsafe just by virtue of being in a female body.*

*Food is an effective crutch to help us feel safe and secure.*

*So, does that mean we are doomed to live with fear, self-soothe with food, and wrestle with a body that portrays the struggle?"*



## About the Author

**Debra Graugnard, M.Div.**, is an intuitive Spiritual Healer, Chaplain, bodyworker and embodiment practitioner, passionate about holistic nutrition and self-care. Debra founded the Community for Conscious Living, hosts the Self-Care for the Soul podcast, and developed the CARITAS Healing Process. She is passionate about helping people realize how daily habits and beliefs impact all that exists in this beautiful planet so we can make choices that contribute to a sustainable environment and a peaceful world. Debra leads an online weekly Meditation & Healing Circle and facilitates transformative programs and retreats online and in-person.

## Interview Topics

- ✦ **FEAR, FOOD, & SOCIETY'S DOUBLE BIND**
- ✦ **THE HUMAN JOURNEY OF HEALING & TRANSFORMATION**
- ✦ **WOMEN'S ROLE IN THE EVOLUTION OF HUMANITY**
- ✦ **FEMININE-MASCULINE ARCHETYPES IN UNITY CONSCIOUSNESS**

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