

Rewilding

A Woman's Quest to Remember Her Roots,
Rekindle Her Instincts, and Reclaim
Her Sovereignty

Rewilding is the intimately personal and intensely relatable story of Dr. Kristy Vanacore, a suburban hockey mom, wife, and clinical psychologist, who despite appearing to have it all, was slowly, achingly dying from her own pathologies. Mentally brainwashed, physically broken, emotionally numb, and spiritually asleep, Kristy was simultaneously overwhelmed and underwhelmed; a caged horse shackled by fear, siphoned of life force, verging on extinction.



Are You Ready to Rewild?

Dr. Kristy Vanacore invites you into her raw and honest account of metamorphosing from near death and disassociation to resolving complex trauma, awakening to purpose, reclaiming her truth, and reveling in the sovereignty of her spirit.

Her *Rewilding* journey is an emancipation from the domestication and conditioning of tolerance, distraction, and fear to the empowered freedom of inherent curiosity, passion, instinctual wisdom, and joy.

So much more than simply an interesting story, this book is a call to action for readers, to take the wisdom shared from her journey to use as a lantern to light the way for themselves.

Meet Dr. Kristy Vanacore to understand what the rewilding experience is and why it's vital for people today.

Find out why Dr. Vanacore's approach is radically different compared to traditional psychology and mental health practice and how it will help you live your healthiest and most empowered life.



Dr. Kristy Vanacore is a spiritual visionary, medicine woman, and sacred storyteller who weaves ancient wisdom with modern science to empower families to thrive. A prominent trailblazer in the field of holistic psychology for two decades, Kristy has revolutionized the personal development industry by creating an innovative mentoring program for people of all ages.

FREE EVENT: APRIL 11 @ 6:30PM