



**SIMONA RUFFINI**  
CRIMINOLOGA

# KICK OUT THE FAIRY IN YOU

AND

# LET THE WOMAN OUT

By Simona Ruffini

Criminologist



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**The first manual that won't change you into another person,  
but it will teach you how to be You.**

**The most important trip is the one inside yourself.**

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### **Welcome to you, who managed to get here**

If you, just like many others, have always felt wrong, inevitably but inexorably kept comparing yourself to other Women, are tired of the self-help manuals who want to turn you into someone you are not, well then this is the right place for you.

Just so you know, you are not alone.

And most of all, what happens to you is normal.

The message I want to convey to you through these pages is that you are just fine.

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I am not saying you are perfect and that you don't need to keep bettering yourself.

I am saying that the first step to become what you are destined to be is to be exactly who you already are.

The first, and most important, lesson in female evolution is to accept who you are.

I know it may seem difficult, or even impossible, but you can do it.

I can tell you because I have gone through it myself.

So why this book, you may be asking?

And why has this book been written by a criminologist, who takes on many cases of abuse towards women?

What do spiritual evolution, self-love, the Light, and abuse on women have in common?

I can explain with a simple example.

You are looking for a job.

You know how much you are worth, what it is that you are looking for, and you know exactly how much money you should be paid.

At your job interview, they offer you a dissatisfactory job, way below your capabilities and aspirations, and not properly compensated at all.

You stand up, thank them, and walk away.

That's exactly what happens to a Woman who knows what she's worth and isn't afraid to show it.

And most of all, she doesn't settle for something lower than what she expects.

It may also be that that job seems quite attractive to you.

So you start giving it your all, only to find out that everything you were promised was nothing but a lie.

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Your salary is minimum, the work hours keep getting longer, your dissatisfaction keeps rising, and whenever you try to explain your feelings to your boss, you are met with disdain and indifference, all topped with a disgusting remark of, “You are so unappreciative! After all I do for you!”.

At this point, your choice is imminent.

You get up, **without** thanking anybody, and walk away (making sure to sue him).

What does this example mean?

Well, take this instance and place it into a personal relationship.

What would happen if, instead of your boss, that man was a significant other or a boyfriend?

Would you settle to spend the rest of your life with a man who does not satisfy you, who does not appreciate you, who does not support you, but actually only tries to manipulate you and make you feel bad?

And what if the same man tried to be violent towards you, at first only with words, then psychologically and then physically?

How many Women settle for less and stay in an abusive relationship?

It's not necessary to list any other example to show you what I mean when I talk about women with no self-love.

You are not happy with your weight but you are unable to lose it;

You hate your job but think you can't aspire to become anything better;

You have a dream but you think you “will never be able to fulfill it”;

You wish you could move but have no idea of where to start.

The list could go on and on forever, but I think you get the picture now.

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**When a Woman doesn't love herself, she only lives a half-life**

Her "not-love" mirrors into all of her choices.

A body she doesn't like and doesn't reflect who she is;

A job that doesn't satisfy her;

A place where she doesn't live the way she'd like to;

Friends and relationships that don't gratify her;

An image of herself in which she feels lost.

Every time you put something else or somebody else before yourself, you are at risk of losing yourself.

I don't want you to be selfish, but to love yourself, which is different.

I have met so many Women who wish they were different from who they are, and I have finally understood where this feeling comes from:

It all begins when we stop loving and caring for ourselves.

I see it in your eyes.

That's why I have begun working with Women on the "before".

Before they lose themselves, before they start to hate themselves, before they stop dreaming and before they place their lives into the hands of somebody who does not love them.

And that's why I have written this book.

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**Where was this book born?**

This book stems from the “Project of Women of Light”, something I have dedicated many years of my life to and that I deeply love.

With the Project of Women of Light, I have helped many Women “find themselves before they get lost”!

I remind them of how special they are, that they are divine creatures, and they are irreplaceable.

I give them everything I have learned throughout my journey and that can help them through their own journey, the most important one: the journey that will take them back home.

This way, they will not hate themselves, they will not cry on themselves, they will not settle for less, they will not complain, they will not lose their dreams and hopes, they will not fall for hate (which comes from within or from any other outside source), and they will not fall prey to violence.

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### **Why and how do Women get lost?**

It happens every time you find yourself at a crossroad.

It might be a moment of depression due to a recent loss or disappointment; it might be a failed situation, which you fault yourself for; it might be a wrong example given to you by another Woman in your life.

Often, it might also stem from the fact that you have grown up in a society that fills our lives with stereotypes of how and what a Woman should be, what she should or should not do.

Every time you find yourself at a crossroad and do not choose to be yourself, you keep on moving farther and farther away from your main path.

### **What does it mean choosing the wrong path?**

It means **feeling guilty** of having failed.

It means you have taken on all the responsibility of things that have gone wrong.

A failed class can easily turn into a real catastrophe if you live in a household where your grades matter more than your ambitions.

A failed love affair can turn into a tragedy if you feel inadequate, wrong, ugly, and not-worthy only because a man doesn't love you.

Instead of thinking there's plenty of fish in the sea, plenty of job opportunities and feeling attracted by a person who shares your feelings, you seem to constantly float towards "predictable pain".

And that's when **Your believes** come into play.

"I'm not enough, I'm fatter and uglier than all the other women out there, I am worthless...".

This way, every time you give into these thoughts, you create invisible but powerful

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connections among neurons in your brain.

And that's why, whenever you find yourself in a situation where you have to place the fault on somebody (the fore-mentioned crossroad), it will come natural to you to place all the blame on yourself.

So why don't we try to prevent you from getting there?

After all, preventing is a much better option than curing.

If you "stop getting used to" feelings of guilt and judgment, you will slowly stop giving yourself all the blame.

If you "start getting used to" feelings of self-worth, you will become immune to these dangerous situations.

Think of it as a vaccine!

Try taking a daily dose of Vitamin L (L stands for Love), and you will soon find out just how much you can do with your life!

Things will keep getting better, You will keep feeling better about yourself, and you will surely stop being a magnet for bad people and wrong situations.

And this can all be achieved with self-love.

### **How can we find our way back?**

If you are ready, let me explain what I have learned so far.

Here, I will show you the first and most important steps to take in order for you to get started on your Journey.

This Journey is very special because it's the path that will take you back to Yourself.

It's a path that you have probably already tried to take many times in your life.

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Maybe you started it when pushed by enthusiasm.

A new diet, a new love, a new job, a new city.

Everything seemed to be working just fine.

But then, at some point, something went wrong.

Old habits, paired with usual and automatic mechanisms, came back only to pull you back into your old self.

You began to lower your chin a bit more every day after each failure.

And now, here you are.

Only you know how much this hurts.

Only you can read what's written in your eyes when you look at yourself in the mirror.

Maybe you have already read too many "self-help" books; maybe you have taken classes that begin with titles like,

"How to..."

Yes, indeed... how to... do what?

What should you do?

"How to lose weight..."

"How to find Mr. Right...."

"How to change your life forever in one month...."

And how should do you that?

After I graduated with my degree in Psychology, I chose a very specific specialization for my Master's.

Forensic psychology, criminology, juridical psychology, forensic science.

For years, I have studied, researched on, and worked with abused women.

And do you know what I've learned?

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I've learned that way before each and every one of those Women ended up in an abusive relationship, they had gotten lost on their own.

Don't get me wrong, I am not against any class or course that leads to self-improvement.

Rather, I myself have taken quite a few of these classes and seminars on the power of Women, on the power of positive thinking, on the power of self-love, on female archetypes, and on quantum physics applied to personal beliefs.

However, my goal is different.

To you, it may even seem to be the opposite of what you have been offered so far.

But, if everything that you have tried so far has not worked out, then maybe it's time to change path.

My point is that every Woman can lose her path.

And the only way to find your way back, is to look for it.

What's the point of having a manual that explains how to get a man if the person who is teaching it has no clue of who you are and what type of man you are looking for?

What's the point of a class that teaches you how to get your sexual spark back if the person teaching it has no idea of your beliefs, your inhibitions, and has no clue of whether or not you have a soft, sweet, and welcoming nature?

So, what's the point in following advices that only try to get us to fit in the mold?

I don't need anybody telling me how to fit into some type of Woman stereotype that does not exist.

I need somebody who reminds me that **I** am special!

And you?

I can't stand reading any more manuals that tell me how to be something I am not.

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In my opinion, they are not good, and here's why.

A Woman who does not love herself, already starts from a very weak point:

I miss this, I don't have that, I am not able to, I am not worthy of, I am not beautiful, I am not thin, tall, loose, intelligent, funny, attractive.

Then this Woman runs into a manual (or a class) that promises to teach her how to become beautiful, thin, tall, loose, intelligent, funny, and attractive.

Great.

But what does this manual imply?

It implies that You lack these attributes, and that the manual can tell you how and where to get them.

And most importantly, and that's where the horror comes in, it implies that You want to be all those things!

But it's the world who wants you this way, so you can finally fit into the stereotype of how a woman should be.

But who ever said that a Woman, in order to be efficient, has to be the CEO of some multinational company and dress in a gray skirt suite?

And what if You instead, to be truly happy, wanted to take care of your house?

Does this mean that you are worth less than the gray suite-wearing CEO?

And who ever said that in order for you to be a Woman, you have to have a certain type of sex life?

What if you love cuddles and caresses? Would that make you less feminine?

And who ever said that "cool" jobs can only be found in the big city?

What if your dream was to become a farmer? Would that make you less of a Woman?

The epitome of craziness, in my opinion, is the manual "How to get a man"!

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I believe that the way to get a man is as diverse as all the men and women in the world.

What works for one, won't work for another.

And most importantly, it won't work for You.

I mean, is there a standard way of how to get a man?

And if so, does that standard apply to You?

I want to highlight these things or else you know what happens?

What happens is that the Woman starts believing in the manual.

And the manual doesn't work.

The manual cannot work simply because it's not right to push a Woman to be the copy of some mythological image with loose morals, the body of a goddess, the patience of a saint, and work efficiency of a cyborg.

Can you imagine if this woman actually existed?



So, in your opinion, what happens at this point?

Exactly.

What happens is that the Woman feels, for the millionth time, inadequate.

“I can't become who I wish I could be, not even with a manual!”.

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And to all that, I say STOP!

That's why I have written this book.

The first book that does not want to change you into somebody else, because it believes in two main points:

First, in order for you to be happy, just be who you are;

Second, all you need to be in order to be happy is already inside of you!

If you manage to accept Your nature (and not anybody else's), you will find all the resources you need to transform Your life.

Remember your dreams, everything you wanted to accomplish in life when you still believed that everything was possible and that everything can happen as long as you believe in it with all your heart. Learn how to love your wonderful body, which is an endless resource of pleasure, if you learn how to listen to it.

Have you ever thought that the man you are looking for is the one that satisfies You, instead of always feeling guilty and believing that is always You the one who has to change?

If you enjoy deep conversations, then why did you end up with a man who never talks? And also, why did you allow him to make you believe that you are just a chatty Kathy, when truly, all you ever wanted was to be with a man who loves conversing as much as you do?

If you love cuddles, then why did you get with a man who wants you to be in lingerie all day and be ready to satisfy and please him whenever he tells you to?

And why did you let him convince you that it's You who's wrong and needs to change, instead of placing the blame on him for being incapable of satisfying you?

So when are you going to stop blaming yourself for everything and start finally looking

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for what makes You happy?

You can do whatever it is that you put your mind to!

In this book, I am not going to teach how to become a sex goddess (whatever that means).

In this book, I will help you pull out **YOUR** own sexuality and to make you understand that that's OK.

No more self-judging and self-loathing.

I am not going to teach you how to become a gray suite-wearing CEO just because it's the "in" job to have these days.

Rather, I will help you understand why you feel you lack something simply because you do not want to become that CEO.

I will show you that everything you truly want is already inside of You.

You just need to let it out, with love.

I am not going to teach you how to lose 20 pounds by using positive thinking; rather, I will help you understand what negative thoughts are and how you keep on feeding them to your inner-self.

Only by focusing on those things, you will learn how to love your body, and your inner balance will reflect in your curves.

Let's defeat those horrible monsters called stereotype, judgment, guilt, inadequateness, comparison, automatic thoughts, and beliefs.

Let's replace them with love, self-acceptance, constructive behavior, assertiveness, imagination, and trust.

That's how we get you ready to get back to Yourself.

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Let's look at it this way.

You have been waiting for someone special for years.

You can't wait till she's here.

You've been dreaming about her your whole life, and you know that You will only be happy once she's arrived.

But this person has very specific requests, and until they are met, she is not going to show up.

So what do you do?

Are you going to force her to come back to you, even though she won't feel comfortable?

Or will you try to change her to force her to like her new environment?

No!

What you do is you build a comfortable environment that mirrors her tastes, and then you call her and say, "Hey! Everything's ready here. You can come back home now!".

That special person you've been waiting for is You, and we are preparing everything to make you come back home.

I hope this book will become a friend for you.

I want you to know that this is not a fake manual that keeps on postponing the real message without ever truly delivering it to you.

This book is the result of months of hard work, a labor of love done keeping You in mind, because I know you want to go back to feeling happy and in peace with yourself (which is the only healthy place you can ever begin a journey from).

I have always created tools for us Women to use.

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If you wish, you can subscribe to my website [www.simonaruffini.it/donnediluce](http://www.simonaruffini.it/donnediluce) to read more about what I do to remind Women of our worth.

There, you will find useful tools to keep on enjoying this wonderful adventure we call Life.

You can use this book, which is rich in exercises for you to use that will help you understand many things.

If you are now ready to begin, take a moment to let all that you have read so far sink in.

If you need to, go back to previous pages and read them all over again.

We are about to start talking about a lot of things.

For example, you will learn who the Fairy is and how to recognize the one who lives inside of you; you will learn how to kick her out the door, and let the Woman out; you will also learn which exercises that you find in this book are the ones you need to start applying immediately.

For now, I want to give you a big hug and remind you that you are special.

So special, in fact, that you will find yourself asking how could you have lived for so long without Yourself.

Thank you for being here.

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