



# Dr. Antonia M, PhD

## *The Inner Power Doctor*



Life Transformation • Mind/Body/Spirit • Metaphysical Psychology

# Healing Man Healing Woman

## Transformational Conversation & Self-Realization Card Game

Created by Dr. Antonia M



**A unique card game for building healthy relationships and communication, developing personal power, and healing a wounded self-image.**

- Develops interpersonal relationship and communication skills
- Stimulates interactive self-discovery and self-development
- Facilitates inner growth
- Increases self-esteem, self-acceptance, and self-respect
- Empowers couples and families to bond and share organically
- Creates/repairs emotional intimacy
- Develops listening skills
- Promotes emotional and life balance
- Can be integrated with other programs, events and curriculums
- Creates supportive community
- Challenges players to evolve a more authentic and complete self-identity
- Teaches self-reflection and self-awareness without judgment
- Cultivates accountability/responsibility
- Transforms damaging male/female socialization patterns
- Stimulates positive self-talk and non-judgmental constructive feedback
- Designed for 1 or more players, large groups, and virtual teams
- Suitable for adults and teens (with adult supervision)

# [www.InnerPowerDoctor.com](http://www.InnerPowerDoctor.com)

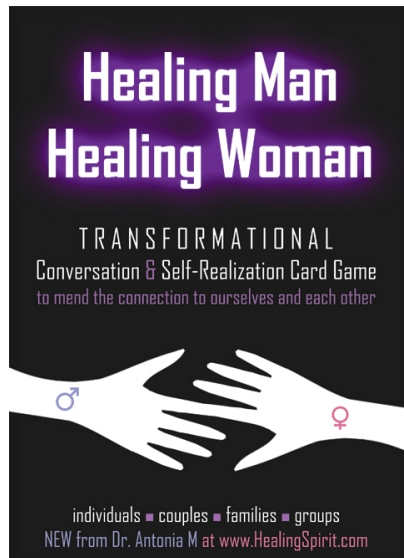
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INTRODUCING

# Introducing: Healing Man Healing Woman

*Unique self-development game builds healthy relationships, self-esteem and personal power*



Healing Man Healing Woman:  
Transformational Conversation  
& Self-Realization Card Game

For most of us, even before we come out of the womb, the opportunities and possibilities for our lives—and more importantly our selfhood—are limited based on which sex we belong to. As boys, girls, men, and women we're expected and encouraged by society, our culture, and even our families to fulfill specific roles, behave in particular ways, accept certain types of treatment, and fit certain molds whether we like it or not and whether it's healthy or not. To do or think otherwise is considered taboo. *Healing Man Healing Woman* (HMHW) is an innovative and holistic self-development card game that's helping men, women and youth to break the ice, break down walls, and break free from an unhealthy sense of self. Created by life transformation expert, Antonia Martinez, PhD, HMHW organically sparks transformational conversation, interactive self-discovery, and mutual self-realization that empowers players to evolve and build healthy lives and relationships from the inside out.

“There's a big shift that men and women need to make both individually and collectively in our personal and professional lives,” says Martinez who is also known as Dr. M – The Inner Power Doctor. “The *Healing Man Healing Woman* game helps players to make that shift—and make it together.” From sex, love, money, and family to mind, body, spirit and more, the object of *Healing Man Healing Woman* is for players to balance and strengthen the under-developed areas in their lives, relationships, and in their manhood or womanhood. “How you see yourself as a man or woman can have a strong impact on the freedoms or limitations you place on yourself and on the roles, responsibilities or self-image that you adopt,” Dr. M explains. “The game gets players excited and actively engaged in ‘remodeling’ themselves and creating the life and relationships they want.”

While playing the game at a New Year's Day party, Ingrid and her older sister took their relationship to a new level. “My sister,” recalls Ingrid, “taciturn and private—shared, for the first time, in a room full of strangers I might add, her heartfelt thoughts about how she sees my role in her life. I was stunned! Now, my connection with my sister is deeper than it's ever been and our conversations are more meaningful than before.” Jerry and Jasmine, two singles, played the game over lunch during a ‘pre-date’. “I don't know what impressed me more,” says Jasmine, “the fact that we had such a meaningful and extraordinary conversation or that his response to the card was so open and insightful. There's something about the game that makes it fun and safe to share things that might not occur to you to talk about, or that it might take you years to notice about yourself or the person you're with.” Jerry adds, “I'm still thinking about the card I picked. It was that useful to me...and that intriguing.” Recently, Dr. M has started to introduce the game





Game creator, Dr. Antonia M

to men, women, and organizations dealing with domestic violence, incarceration, AIDs, addiction, and homelessness.

The damaging myths, misconceptions and taboos of manhood, womanhood, and selfhood “leave so much undiscovered, unexplored, and unshared, and can prevent us from getting the support we need,” says Dr. M. “It’s not okay for men to talk about “this,” for women to do “that,” or for families to share such and such. These false notions keep us disconnected, locked into unhealthy cycles, and create internal conflict, stress, and struggle. Unfortunately, these same false notions are so ingrained in our way of life that if and when we seek self-improvement, we often end up learning how to better conform to the status quo rather than develop a more complete and authentic self. Men and women are not opposite sexes,” Dr. M says, “we’re complimentary. It’s critical that our lives start reflecting that.”

In the process of playing the card game, players also get a big boost in self-esteem, confidence and personal power in addition to building their interpersonal relationships and communication skills. With each card, players develop greater awareness of their personal strengths and weakness and start to understand how the assets and liabilities within their character play out in their lives and relationships. Most importantly,” says Dr. M, “each time they play, they develop new tools, insights, and resources to transform wounds into wisdom and barriers into bridges.”

*Healing Man Healing Woman can be played with one or more players. Dr. M hosts HMMHW interactive dialogues, events and demos. **The HMMHW event schedule, article links, and the game are available on Dr. M’s website at [www.InnerPowerDoctor.com](http://www.InnerPowerDoctor.com).***

*Healing Man Healing Woman is a great tool for building healthy relationships, teams, self-esteem, character, personal power, and meaningful connections in a fun and exciting way. Here are just a few examples of special events and occasions you can create or spice up with the Healing Man Healing Woman game just by picking a card! Contact Dr. M for more ideas or for help tailoring an event for your organization.*

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| <ul style="list-style-type: none"><li>• Transformational and Personal Networking</li><li>• Speed Dating or Singles Mixer</li><li>• Family Reunion or Gathering</li><li>• Relationship Retreat</li><li>• Transformational Game Night</li><li>• Journaling or Creative Writing Program</li></ul> | <ul style="list-style-type: none"><li>• Church Social</li><li>• Coaching or Mentoring Program</li><li>• Men’s or Women’s Support Group</li><li>• Team Building Meetings</li><li>• New Year’s and other Holiday Parties</li><li>• Conscious Newlywed or Pre-Newlywed game</li></ul> |
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**FOR BOOKING OR PRESS INFORMATION CONTACT:**

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