

A portrait of Gabby Natale, a woman with long, wavy, light brown hair, looking directly at the camera with a slight smile. She is wearing a black and white striped top and has her arms crossed over her chest. The background is a plain, light gray.

GABY NATALE

3-time Daytime Emmy® Winner, Speaker, and Entrepreneur

**THE
VIRTUOUS**

Circle

**RESTORE YOUR CONFIDENCE,
BOUNCE BACK, AND EMERGE STRONGER**

A PDF COMPANION TO THE AUDIOBOOK

Introduction



A Closer Look

Visit www.GabyNatale.com/VirtuousCircle to enjoy the video of #WeAllGrow speech, as well as the audition video my husband recorded with my phone.

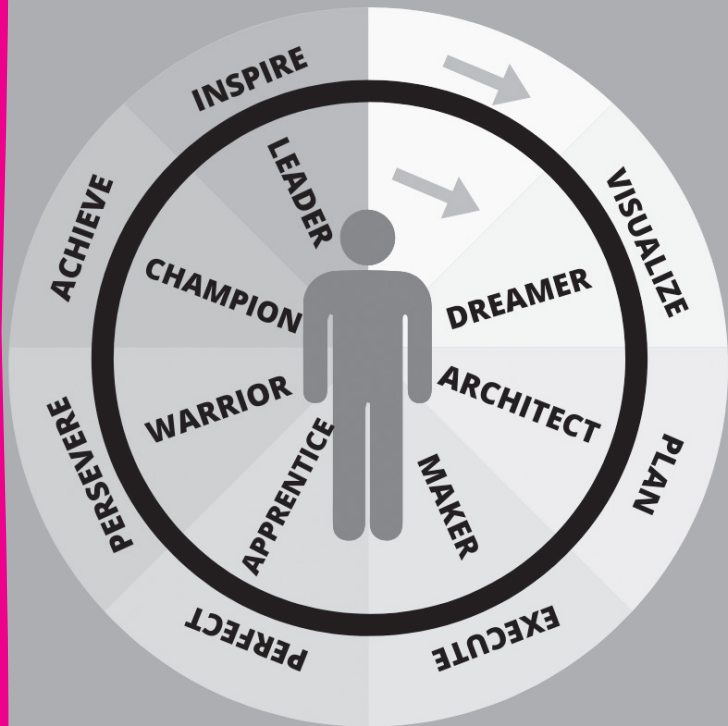
CHAPTER 1

WHAT IS THE VIRTUOUS CIRCLE?



THE VIRTUOUS CIRCLE

STEP-BY-STEP



The **Virtuous Circle**: seven archetypes that go from idea to execution.



A Closer Look

Visit www.GabyNatale.com/VirtuousCircle and enjoy:

- Personality test: Which of the archetypes of the Virtuous Circle (dreamer, architect, maker, apprentice, warrior, champion, or leader) define you the most?

CHAPTER 2

THE DREAMER: VISUALIZE YOUR DREAM





Photo with Carlos Santana in his personal studio in Las Vegas.

CHAPTER 3

THE ARCHITECT: PLAN YOUR DREAM





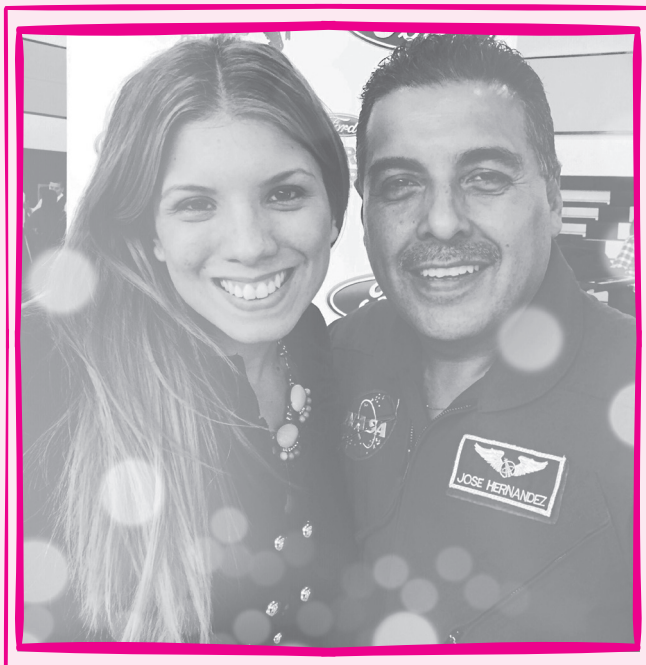
Ikigai.



Gaby's Ikigai.



Recovering from an egg retrieval at a clinic in Buenos Aires, Argentina.



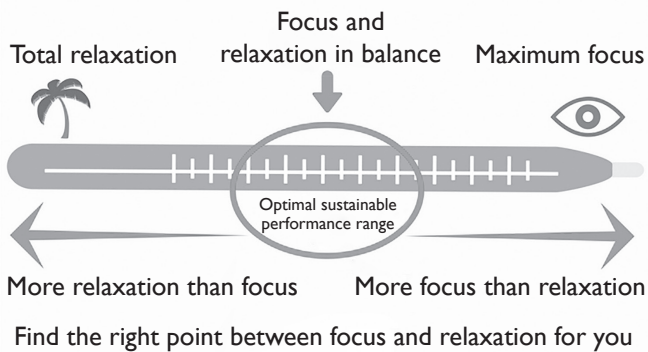
Pictured with astronaut José Hernández. From his childhood in the agricultural fields to his rise to space on the shuttle *Discovery*, José is model of perseverance.

CHAPTER 4

THE MAKER: EXECUTE YOUR DREAM

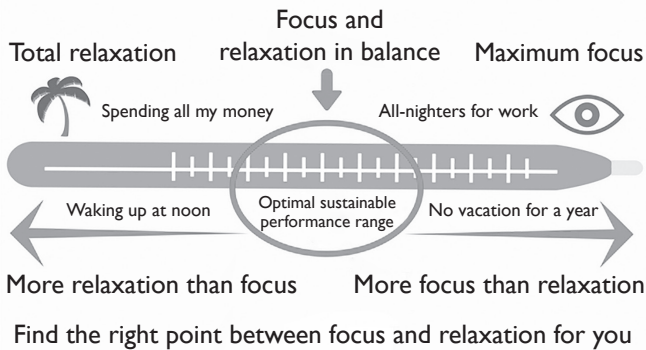


The Maker's Thermometer



The Maker's Thermometer.

The Maker's Thermometer



Gaby's Thermometer.



Isabel Allende and Gaby.



A Closer Look

Do you want to enjoy the complete conversation between Gaby and Isabel? Visit www.GabyNatale.com to watch the laughter- and emotion-filled interview. In it you will discover:

- Why Isabel decided to get a divorce after twenty-eight years of marriage and bet on love again.
- Isabel's incredible supernatural experience while taking care of her comatose daughter.
- What mischief got her into trouble when she was translating novels from other authors into Spanish at the beginning of her career.

CHAPTER 5

THE APPRENTICE: PERFECT YOUR DREAM

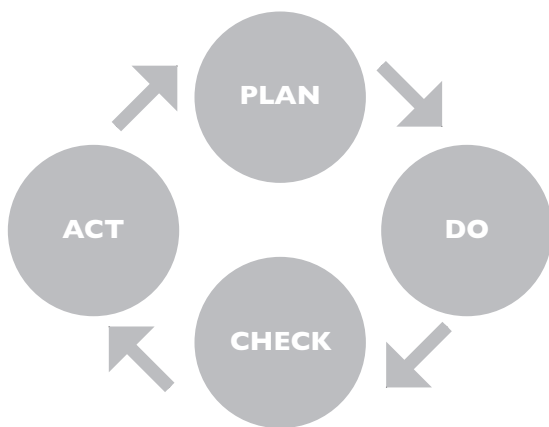




A Closer Look

If you want to listen to the rest of the conversation, including his point-by-point explanation about how to apply his four agreements to our daily lives, don't miss my interview with Don Miguel Ruiz on my podcast at www.GabyNatale.com.

The Deming Cycle



The Deming Cycle.



Before and after. In the photo on the left is yours truly painting the first *SuperLatina* studio inside a carpet warehouse in a shopping center in Odessa, Texas. On the right, many years later, posing on the red carpet of the Latin Billboard Awards.



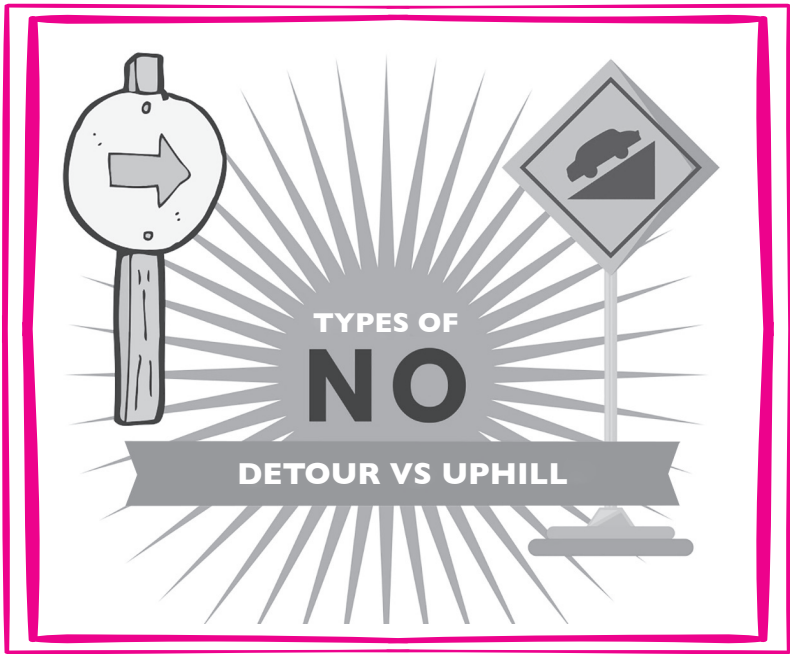
A Closer Look

Are you curious about the episodes we recorded in the carpet warehouse? We have compiled the worst of the worst for you! Visit www.GabyNatale.com to watch the video.

CHAPTER 6

THE WARRIOR: PERSEVERE FOR YOUR DREAM





Types of NO.



Types of warriors.



The Lotus, a warrior flower.



Lizzie Velasquez and Gaby.



A Closer Look

Do you want to know more about Lizzie's story and hear her advice? Visit www.GabyNatale.com to watch Gaby's entire interview with this warrior and discover:

- Which celebrities have become Lizzie's fans and allies in her fight against bullying.
- Lizzie's breaking point in life when she thought about taking her life and how she managed to overcome it.
- Lizzie's advice for everyone who have been a victim of bullying.

CHAPTER 7

THE CHAMPION: ACHIEVE YOUR DREAM





Images of the Facebook headquarters. When Mark Zuckerberg, Facebook's founder, arrives at his office, the sign that greets him bears his company's name (top left). Upon returning home, the sign that says goodbye bears the name of the company that previously occupied that space (bottom left).

A good reminder that everything is transitory.



Kintsugi.



Gaby is pictured with the tireless actor, host, and Mexican producer Eugenio Derbez. We took this photo a few hours before the premiere of *Instructions Not Included*, the film that would establish him as the most promising Latin star in Hollywood.



On the red carpet of the Emmy awards, hours before the academy announced that, for the first time in its history, an independent show in Spanish would receive two statuettes on the same day. It was my show, *SuperLatina*.

CHAPTER 8

THE LEADER: INSPIRE THROUGH YOUR DREAM





Conversing with the author Deepak Chopra in his Carlsbad, California, private office. Deepak is the only guest who literally left me speechless.



A Closer Look

Visit www.GabyNatale.com to watch the full half-hour interview with Deepak Chopra. Deepak shares with Gaby:

- His history as an immigrant in the United States.
- Details of his relationship as an advisor to celebrities such as Lady Gaga, Liz Taylor, and Michael Jackson.
- The most important step that must be taken by someone looking to start down the path of personal transformation.
- His best advice for a successful and lasting marriage.



Photo by Robson Muzel

During my presentation at the *#WeAllGrow* conference that takes place every year in California. Without knowing it, this talk would change my life and mark the beginning of a path that would lead me to publish this book you are reading.



This is what the speakers' presentation cards looked like at the *#WeAllGrow* conference.