

Simple, Soulful, Sacred

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Synopsis

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Simple, Soulful, Sacred is a guidebook for the modern woman who seeks clarity and guidance on how to live the life of her dreams, on her own terms. It's for the women of our time - the mothers, teachers, healers, light workers, dreamers, creators, leaders - who are ready to find their voice, speak their truth and own their power, whilst living life with less hustle and more flow.

For modern women wanting more for their lives, it's the now age definition of having it all. Women are rising; ready to step out of the cloak of masculine traits that keep them striving for a version of success that is not their own. Ready to stop hiding their light and playing the comparison game. And ready to fully embody their feminine power. Because whilst the feminine may have been disowned and devalued for centuries, we are so done with that story now.

But it's still a paradox. Because within this very rising, women are longing to step out of the noise and chaos, to live more simply. They want time and space for what's most important to them; and the comfort, consciousness and connection that often gets lost in the busyness and distractions of daily life.

This book is the bridge women have been seeking. Written with the time-poor reader in mind, this book includes 200 short-form chapters, the perfect length for dipping into while commuting; during a lunch break or at the end of the day. The perfect gift, or self-gift, for women of all ages.

Reader's comments

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