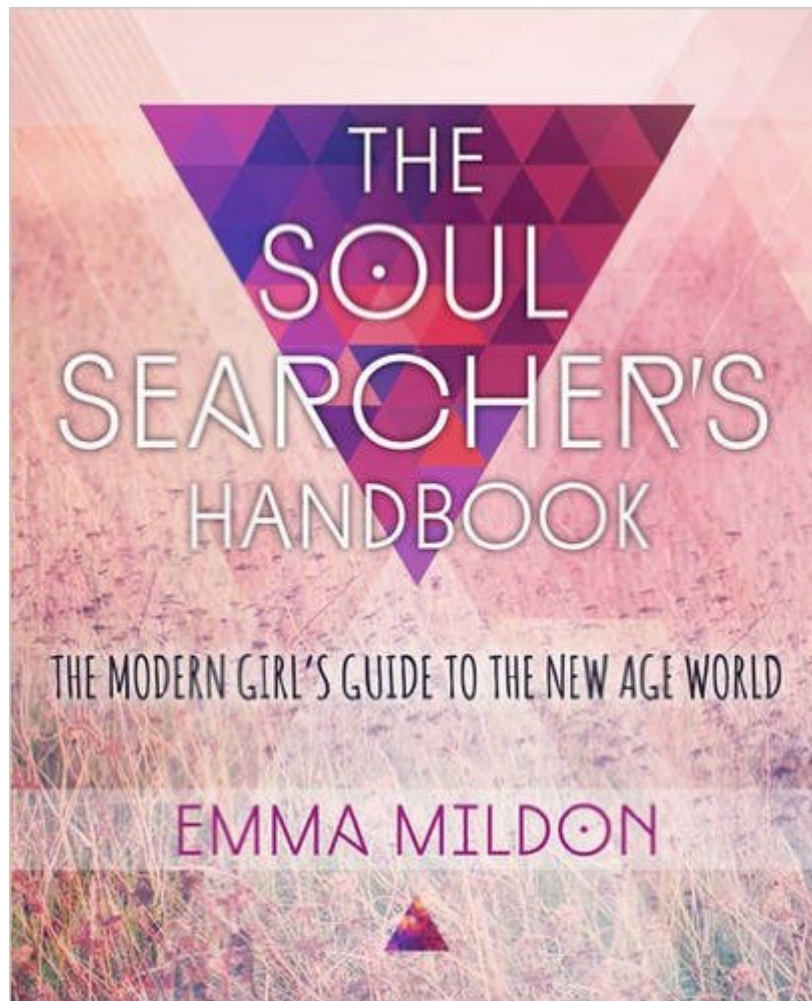


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The Soul Searcher's Handbook: A Modern Girl's Guide To The New Age World



Synopsis

From aromatherapy and numerology to healing crystals and meditation, this fun and sassy guide to everything body-mind-spirit defines New Age practices for a new generation. What type of crystal should I put in my car for a road trip? Should I Feng Shui my smart phone screen? In this illuminating introduction for the modern-day soul searcher, Emma Mildon shines light on everything your mom didn't teach you about neo "New Age practices. With something for every type of spiritual seeker, The Soul Searcher's Handbook offers easy tips, tricks, and how-tos for incorporating everything from dreamology and astrology to mysticism and alternative healing into your everyday life. This handbook is your #1 go-to guide—handy, accessible, entertaining, and packed with all the wisdom you need in one place. Your destiny, gifted to you at birth, is waiting. So plug into the universe, dig your toes into the soil of Mother Earth, and open your soul to your full potential. Regardless of what you're seeking, The Soul Searcher's Handbook is your awakening to a more fulfilling and soulful life.

Book Information

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Customer Reviews

"O.M.G. Emma's new book on modern, life-affirming spirituality makes me want to fake tattoo my arms in gold feathers and run off to elope with God. Her offering is a hilarious and sexy primer for anyone interested in getting started on the spiritual path who may feel a bit overwhelmed by the breadth and depth of the options. With humor and rawness, Emma is like a goddessy-messenger-girlfriend who may just lead you to your inner guru." (Katie Silcox, NY Times bestselling author of Healthy, Happy, Sexy) — The essential tour guide for any aspiring soul

searcher, Emma Mildon is an absolute guru at playfully expanding the consciousness of her readers while offering invaluable been-there-got-the-T-shirt spiritual guidance. Charming, witty, and undeniably wise, Emma's ode to modern-day soul searching is the perfect way to discover nourishing New Age practices and open your mind to heartfelt spiritual illumination. • (Cassandra Lane, editor of Happiness + Wellbeing Magazine) "...Emma journeys through the world of spirituality, past lives and the power of dreams. With quotes from famous minds and a wisdom beyond the author's years, this book is a gentle, loving guide that peers into the world of mysticism, wellness and mindfulness." (Sharad P. Paul, author of Skin, A Biography and Dermocracy) "A warm, whacky, practical guide to everything body-mind-soul. Emma's humorous approach to holistic living is both entertaining, informative and inspiring." • (Phillip Mills, CEO of Les Mills International) "Now there's an antidote for those with incurable cases of wanderlust. On your life journey, make sure you pack the soul searchers handbook. it will help you find your way." (Jeff Krasno, founder Wanderlust Festival) "Don't even think about beginning your spiritual journey without this book! Written with humor, humility and style, The Soul Searcher's Handbook will help you find your way through the maze of beliefs, techniques, and, yes, oddities, you're likely to discover along the road. Emma went ahead of you on the path, took notes, and came back to tell you what's out there. Her sharing will save you time, energy, and possibly embarrassment as you embark on the journey that is your lifetime. And if you've already started down the spiritual road, grab a copy anyway to learn about some of the places you've already been as well as those still ahead of you." (Krysta Gibson, New Spirit Journal publisher and author of Anything is Possible) "Splitting her pants mid-yoga class so you don't have to, Emma Mildon's outrageously honest advice takes the fear out of stepping onto a spiritual path, soothing any anxieties over the odd 'epic fail' and arming readers with a wealth of grounded wisdom. Encompassing lashings of inspiration and first-hand experiences, heaps of humour and a whacking great dollop of wit, her light-hearted read reminds us that you don't have to lose your sense of humour on your quest to enlightenment "and had me giggling from start to finish." (Rianna Fry, editor Soul & Spirit Magazine) "World traveler and columnist Mildon has put together a compact, easy-to-read 'everything you wanted to know' New Age spirituality book. She delves into aromatherapy, astrology, numerology, meditation, chakras, spiritual healing, and more for curious readers who wish to engage in holistic practices. Mildon explores universal wisdom and investigates what it would mean if people had the ability to heal and communicate through energy levels, crystals, and so forth. Suggestions, diagrams, and ten-point 'woo-woo' scales work together to render a compelling read. VERDICT: One of the best New Age texts without being preachy."

(Reviewer: DEBORAH BIGELOW Library Journal)"Mildon...puts her extensive search experiences to work in her compendium of new age spiritual growth techniques. Divided into sections addressing body, mind, and spirit, Mildon shares her personal efforts to employ such new age staples as crystals, aromatherapy, decoding dreams, numerology, and past life regression. Alongside in-depth descriptions of each practice, Mildon includes personal commentary on its usefulness, as well as a way she describes how far along the New Age spectrum the practice seems to be. Text boxes within sections urge the reader to explore this by suggesting specific resources to find and practices to try. The introduction is a useful guide to discovering what kind of soul searcher the reader might be, or might wish to become. Mildon's tone is irreverent...and may not suit all readers. However, those wanting a dose of humor alongside their path will find in Mildon a kindred spirit and a companion for the search." (Publishers Weekly)

Emma Mildon is an international columnist, surfer, author, and publicist. As a world traveler, she has sought out medicine men, healers, physicists, authors, and artists to explore spirituality, channeling, and healing, and has also practiced meditation, yoga, and life coaching. Through it all, Emma has connected with like-minded soul searchers across the globe and aims to provide fun spiritual wisdom to her generation. She currently lives in Auckland, New Zealand.

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