



#HigherSelfie: Wake Up Your Life. Free Your Soul. Find Your Tribe.

Lucy Sheridan, Jo Westwood

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There is a cosmic alarm clock going off around the world! **#HigherSelfie's** aim is to unite all those waking up spiritually in this digital age. This book is a guide to love, connection and kickass surrendered action for young people who have at least a toe in the door of spirituality. With a no-nonsense approach and full of wit and humour, this book shares age-old concepts in a language that is accessible to the modern spiritual audience. Whether you have just bought a yoga mat or have been meditating for years, this book will offer you guidance and support, whatever stage of the journey you're at.

Life coaches **Jo Westwood** and **Lucy Sheridan** touch upon timeless topics such as forgiveness, surrender and the ego, as well as subjects specific to the current age, such as using social media in a healthy way, finding a like-minded tribe and following your own spiritual and life paths without comparing yourself to others.

Whether you're a Reiki master, climbing the corporate ladder or working in a garden centre in Northampton, **#HigherSelfie** will be the perfect gateway drug for those looking for something deeper and more meaningful.

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