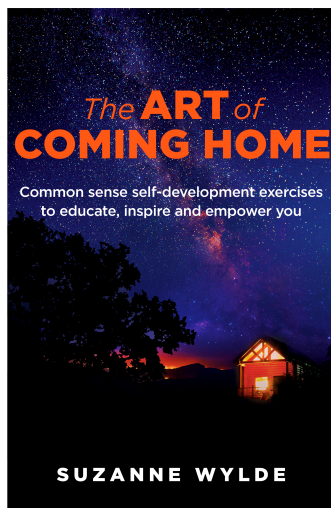




PRESS RELEASE

A Guide to Becoming Your Own Guru

The Art of Coming Home: Common sense self-development exercises to educate, inspire and empower you



AUTHOR: Suzanne Wylde

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Book Description

The Art of Coming Home is an easy-to-read self-development book with a difference; there are no answers in this book – instead it will teach you to become your own guru. Do you have to drink green juice and bounce on a trampoline to get there? No. Through practical, common-sense principles, visualisations and thought-provoking and occasionally funny advice you will learn to connect to your own inner self and innate wisdom. Following in the tradition of great authors like Brené Brown, Elizabeth Gilbert, Susan Jeffers and Mark Wolynn, Suzanne Wylde is using this book to give you lots and lots of tools for personal transformation.

“Sometimes I look at my clients with amazement. Eyes that were sad and dull, shine with excitement and anticipation of the life to come. A posture that was stooped and apologetic for itself has opened to embrace the completeness of the man, allowing so much of his warmth and power to shine out on those around him. The little girl lost in the woods has become the woman sure of her path and taking it in confident strides while raising other people up with her. The tender, gentle father, the confident singer, the forgiving hero, so many transformations and so many possibilities. The only common factor is their courage in leaving the familiar in order to find all of the power and life they ever needed, within them... My clients have so much potential in so many directions and you are no different.

How will you use this book to realize yours?”

Distilling her experience into common-sense exercises and advice and adding the latest academic research, Wylde has created a self-help book that will help you to boost your happiness and wellbeing and change your life. Including topics such as; building self-love and self-compassion, finding your own inner wisdom, learning to process your emotions and connect to your body, expand your way of thinking, become more conscious, challenge old beliefs and connect to the aspects of yourself from the past, this book aims to support you in fully embracing your authentic self.

As we increasingly realise that status, wealth, popularity and looks are not enough to make us feel complete or give our life meaning, many of us are instinctively reaching for something deeper and more profound. This book aims to help you find that unique something within yourself; that which we all have and which the world needs.

About the Author

Suzanne Wylde is an alternative therapist, stretching trainer and author who has studied Traditional Chinese Medicine, healing, bodywork, self-development and resistance stretching. She has been on her own self-development journey for over 20 years learning from a wide range of teachers and traditions and for over a decade she has worked with clients supporting them on their own unique journeys. Through this experience she has developed a way of working with people in a way that is holistic, person-centred and transformative.

Suzanne has been featured in national newspapers and magazines including; The Times, The Guardian, The Evening Standard and Psychologies, has travelled around the world to learn from different traditions (learning acupuncture in China, stretching in the US and meeting Shamans in Mongolia) and has also written a book on her own method of resistance stretching named *Moving Stretch: Work Your Fascia to Free Your Body*, which was a #1 New Release on Amazon.com and has been published in the UK, USA, Germany and China. For more information please visit www.suzannewylde.com/media.

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