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## TRANQUILISTA

*New Book Offers a “Go Girl!” Guide to Self-Care, Self-Discovery, and Saving the World*

In *Tranquilista: Mastering the Art of Enlightened Work and Mindful Play* author and entrepreneur Kimberly Wilson infuses creativity, spirituality, and entrepreneurship into a practical guide that helps women bring balance and bliss into everyday life.

Whimsically titled sections like *Mix Mindfulness*, *Bake in Beauty*, and *Decorate with Sprinkles* outline an 8-step path lived and learned by the author. Wilson highlights spirituality as a foundation behind her creative and entrepreneurial approach that runs the gamut from homemaking to brand building. Her step-by-step exercises and to-do's cover everything from meditation, setting goals, and living green to launching a nonprofit or product and personal style. Her aim throughout is to help each reader realize — and revel in — her unique potential to make a splash and make a difference.

**Tranquilista** offers an in-depth look at the following three key ingredients of the tranquilista philosophy:

- **Spirituality**—The foundation for focusing within, growing, and giving back. Wilson offers a comprehensive how-to for living life fully and mindfully. She encourages readers to commune with nature, live their values, proclaim themselves do-gooders, and connect with their spirit daily in a myriad of ways.
- **Creativity**—Wilson encourages women to think of their lives as an artist's masterpiece by finding inspiration in the mundane, coloring outside the lines, practicing yoga, blogging, and discovering ways to express their unique style in word, thought, and deed.
- **Entrepreneurship**— When Wilson uses the word entrepreneur, she's not referencing the standard definition of someone who finances a commercial undertaking for the sake of profit. She's referring to today's woman who wants to leave a legacy through her daily actions, no matter what her “day job” or longterm goals. “We're forgoing spreadsheets and stodgy office politics to forge ahead with a new way of designing our lives as self-defined entrepreneurs,” she writes. “Yes, even if you don't have your own business (yet)—your life is your ‘business’.”

According to Wilson, when women blend these three ingredients into their own unique formula, they live in a way that shines, makes a difference, encourages others, and helps them grow far beyond their wildest dreams. In **Tranquilista** she guides them step-by-step toward their own perfect concoction of mindfulness, extravagance, and spirituality.

### *About the Author*

**KIMBERLY WILSON** is the author of *Tranquilista* and *Hip Tranquil Chick*. She is also the designer of eco-fashion line TranquiliT, and the founder of the Tranquil Space Foundation, which promotes yoga, creativity, and leadership in women and girls. She lives in Washington, DC. Visit her online at

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### Tranquilista

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