

FOR IMMEDIATE RELEASE

Contact: Kim Corbin, New World Library
800-972-6657 ext. 18 • kim@newworldlibrary.com

THE BOOK OF SHE

New Book Helps Women Understand and Embrace the Heart of Their Feminine Power

The feminine soul, which bestselling author Sara Avant Stover calls SHE, contains a woman's deepest source of personal power, inner wisdom, and authentic expression. In the enclosed review copy of **The Book of SHE: Your Heroine's Journey into the Heart of Feminine Power** (New World Library, October 15, 2015), Sara helps women understand and embrace the SHE within them.

"We're all living at the tail end of a long, patriarchal dominion, where more is always more. Reason rules above all else. Black and white. Good and bad," writes Sara. "However, by living in this way, we are all still walking around as little girls in women's bodies. According to the old way of thinking, we're supposed to live in a very linear way: get our periods, get married, have a baby, live happily ever after. Yet when we force ourselves into these ideals, we are inevitably disappointed."

The Book of SHE provides a road map for what Sara calls The Heroine's Journey, which merges psychology and spirituality into a path that leads to psychological wholeness, empowerment, and ultimately full female realization. While Joseph Campbell's "Hero's Journey" was written in 1949 with primarily men in mind, Sara's approach is a template specifically designed for modern women and includes five parts:

- Part 1 – **Preparing for the Journey** – Building a strong, safe container and getting clear on what it means to live a SHE-centered life
- Part 2 – **Descent** – Facing the shadow and dialoging with inner critics
- Part 3 – **The Initiation** – Unveiling the sacred heart of real feminine power
- Part 4 – **The Ascent** – Rekindling the capacity to create magic
- Part 5 – **Homecoming** – Blessing the world with innate gifts

"This template of a woman's path to complete empowerment as the Heroine's Journey offers us the means to live from our hearts," writes Sara. "It reminds us that we find true success only by continually turning our conventional minds toward the contemplation of deeper truths, while being fully present to all the moments of our own lives. This journey grounds us in the holiness of our female bodies and teaches us that it's exactly through our failures that real, liberated womanhood can be born."

About the author

Sara Avant Stover is the author of *The Book of SHE* and *The Way of the Happy Woman*. A pioneer in contemporary women's work, she's the creator of the world's first Women's Yoga Teacher Training and leader of I Heart My Moon Cycle, Reversing Our 'Curse,' The SHE School, and the SHE Retreat. She has been featured in *Yoga Journal*, *Newsweek*, and *Natural Health* and on ABC, NBC, and CBS. Visit her online at <http://www.thewayofthehappywoman.com>.

***The Book of SHE* by Sara Avant Stover**
October 15, 2015 • Women's Studies • Trade Paper/eBook • 324 pages
Price: \$16.95 • ISBN 978-1-60868-289-8