



# Inspiration for a Woman's Soul: Choosing Happiness

*Peggy Nolan*

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## **Inspiration for a Woman's Soul: Choosing Happiness** Peggy Nolan

Best-selling publisher Linda Joy brings you a powerful collection of stories from twenty-seven amazing women who have entered a brave new world of conscious, deliberate, positive-and most of all, happy-living. Through trials and triumphs great and small, these fearless female leaders prove that true fulfillment is the result of connecting to inner wisdom and making choices which honor the truths revealed there. The Reflection Questions which follow each story create a unique 'active reading experience' which will empower you to integrate the vital lessons of each woman's journey into your own life.

These honest, authentic stories from real women will make you smile, cry, and maybe even laugh out loud-but more importantly, they'll prove to you that everyone, no matter her background or circumstances, can make the powerful choice to be happy! Contributing authors for Choosing Happiness include: Lisa Marie Rosati, Stacey Martino, Stacey Curnow, Mal Duane, Mary E. Pritchard, Ph.D., Laura Clark, Wendy Van de Poll, Kellyann Schaefer, Peggy Nolan, Shelley Lundquist, Shann Vander Leek, Debra Reble, Ph.D., Boni Lonnsburry, Shelley Riutta, Kristi Ling, Lisa Wells, Christy Whitman, Mia Moran, Lynda Monk, Alexa Linton, Sangita Patel, Linda Bard, Sandi Gordon, Tiffany Kane, Marianne MacKenzie, Tina Van Leuven, and Stacey Hoffer Weckstein.

"I am deeply touched by the bravery, courage and depth these extraordinary women went to in telling their transformational stories with such openness and vulnerability," says Joy. "Though each of their journeys are different, you'll discover a sacred truth woven through each one - that even in the midst of life's messiness we all hold the power to choose happiness. What an honor to hold space for these soul-inspiring women."

Praise for Choosing Happiness: "You deserve to be wildly happy, and happiness comes down to powerful choices more than circumstances. These stories provide true examples of finding your mojo and turning our lives around, one choice at a time." Tama Kieves, best-selling author of *This Time I Dance! Creating the Work You Love, Inspired & Unstoppable: Wildly Succeeding in Your Life's Work, and A Year Without Fear*.

"We don't always choose the hand we are dealt, but we can choose how we move forward as we play the hand amidst adversity and change. The inspiring stories in *Inspiration for a Woman's Soul: Choosing Happiness* will ignite you and show you that choosing happiness is a way to move forward in life." Kristine Carlson, coauthor of the New York Times best-selling *Don't Sweat the Small Stuff* book series.

"*Inspiration for a Woman's Soul: Choosing Happiness* truly is inspiration for any soul. These stories of courage, wisdom, and transformation will touch your heart, inspire your mind, heal your sadness, and light up your life. Knowing that others have gone through the fire, overcome the fear, and seen the gift within is a beautiful thing. Best-selling inspirational publisher Linda Joy has hit it out of the park again!" Debra Oakland, founder of [LivinginCourage.com](http://LivinginCourage.com)

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