

FOR IMMEDIATE RELEASE

New Book Is a Powerful Tool to Exercise Your Soul and Master Your Daily Life

Fairfax, CA – (Release Date TBD) – Each day you are confronted with a variety of tests and trials, whether physical, mental, or emotional. These difficulties in your journey through life can crush and defeat you, or they can become challenges that nourish your spiritual growth. In her new book, *Soulercise*®, Cindy Reynolds presents a set of remarkable tools and insights that allow you to access your soul's innate wisdom and transform fear, anger, and insecurity into strength, confidence, and greater wisdom as you walk your path in daily life.

The Immortality Tool enables you to experience your soul as a living force within. The Esteem Tool allows you to embrace who you are no matter what thoughts and emotions consume you. The Mentor Tool empowers you to become your own coach to move higher and deeper within. The Harmony Tool raises your energy level, bringing your personality into alignment with your soul. The Induction Tool expands your light to experience the energy and consciousness of your soul. The Intuit Tool helps you listen to your inner guidance and design new perspectives to live by. The Transformation Tool lets you exercise your soul, programming and applying its wisdom to master your daily life.

Soulercise will teach you how to put the thoughts and emotions that once controlled or consumed you under the authority of your deeper self—your soul—whose higher power and perspectives will lead you to find balance and harmony. “Living in alignment with your soul's wisdom under the difficult tests of human experience is the essence of *Soulercise*. The personality may struggle through the challenges of daily life, but the soul never resists the journey. The soul knows that all events are a part of its pathway to higher wisdom, designed to bring you closer to your own enlightenment,” explains Cindy.

About the Author

Cindy Reynolds knows firsthand the challenges of maintaining equilibrium when life throws curve balls in the form of illness, disappointment, death, financial/career crisis, and sudden change. A series of personal tragedies beginning at the age of twelve inspired Cindy to turn within on a journey that led to the discovery of her own soul. In March of 1985, a trauma-induced out-of-body experience and an encounter with angels left her with a clearly defined mission: to write a series of soul books. For more information, you can visit her website at www.soulercise.com

Soulercise

7 Tools to Exercise Your Soul & Master Your Daily Life

By Cindy Reynolds

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