

Hi Everyone

I'm writing to you today because I want you to be one of the first to hear some exiting news. I'm announcing the release of my new book! My hope is the stories inspire you to be true to yourself and follow the call of your heart.

Let's all head into 2020 filled with passion and purpose!

Tricia

TURNING OVER A NEW LEAF



Spring is the season of new beginnings.
The perfect time for a fresh start.

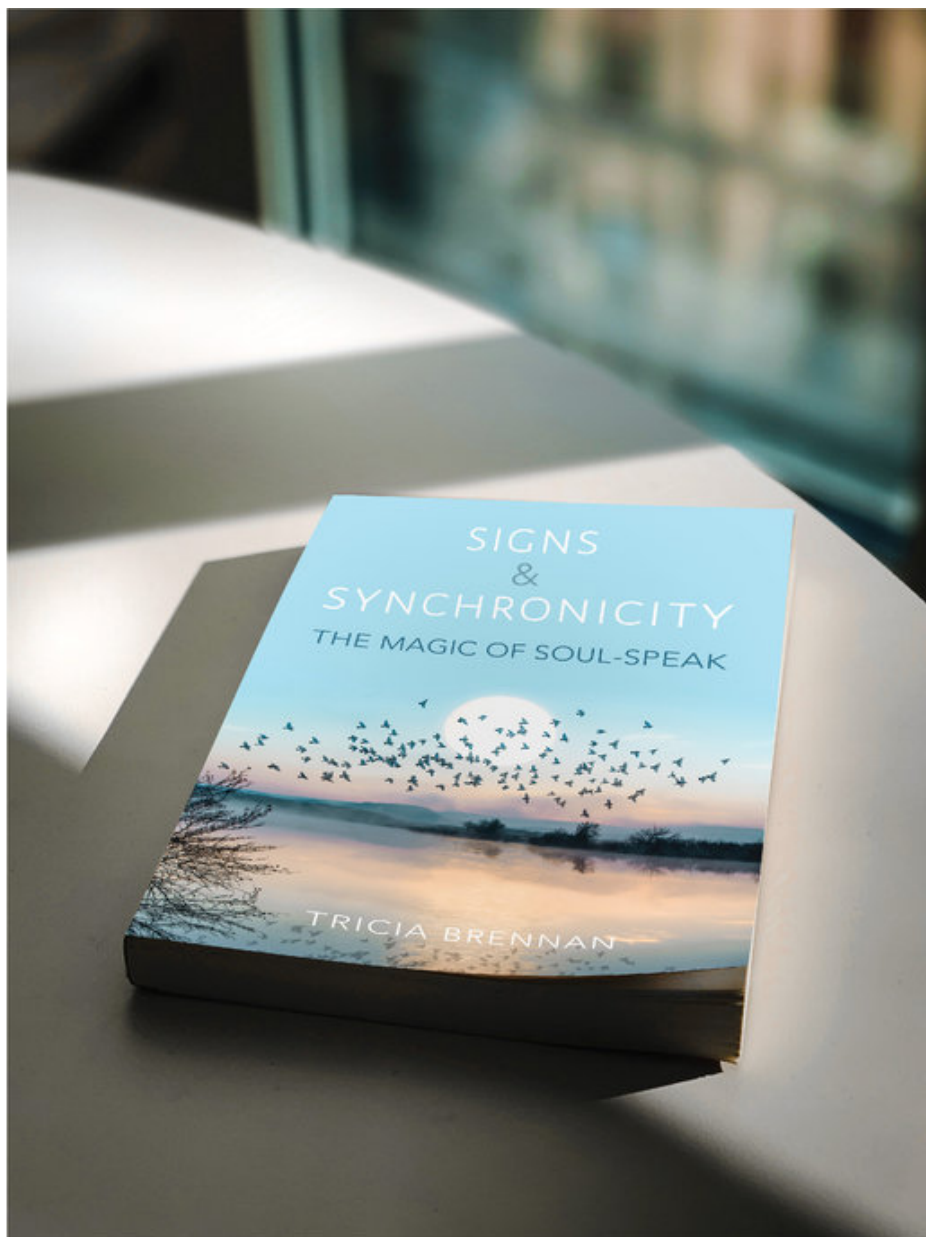
Here in the Southern Highlands, Australia, the warmer weather has finally arrived, ushering in a delightful array of sights, sounds and scents that evoke the beauty of nature. After a cold winter in semi-retreat diligently writing, I've finally emerged from the writer's den excited to officially launch my latest book! To celebrate the occasion, I've also designed a brand new website with lots of free content.

[SEE MORE](#)

([https://shoutout.wix.com/so/b3MuRLf1k/c?](https://shoutout.wix.com/so/b3MuRLf1k/c?w=wCp02UDaRTier8PrIzQl4N6Z7IXerbQ7iM1GYAh229c.eyJ1ljoiaHR0cDov)
[w=wCp02UDaRTier8PrIzQl4N6Z7IXerbQ7iM1GYAh229c.eyJ1ljoiaHR0cDov](https://shoutout.wix.com/so/b3MuRLf1k/c?w=wCp02UDaRTier8PrIzQl4N6Z7IXerbQ7iM1GYAh229c.eyJ1ljoiaHR0cDov)

01

NEW BOOK



Despite how lost, alone or confused we may feel at times, we are all individually guided by life's little whispers on a daily basis. Messages are all around us to help us discern the best solution or course of action to take. Signs & Synchronicity is a heartwarming book that offers guidance on how to interpret the signs that life presents by trusting our intuitive senses. The stories and lessons guide us to make wise, life-altering choices by learning to tune-in and decipher the language of "soul-speak."

[READ MORE](#)

([https://shoutout.wix.com/so/b3MuRLf1k/c?](https://shoutout.wix.com/so/b3MuRLf1k/c?w=Zuu8CVEMM9B5rde9CznDu_u5ERE9fqks1DT0dZ1XUQQ.eyJ1ljoiaHR0c)

[w=Zuu8CVEMM9B5rde9CznDu_u5ERE9fqks1DT0dZ1XUQQ.eyJ1ljoiaHR0c](https://shoutout.wix.com/so/b3MuRLf1k/c?w=Zuu8CVEMM9B5rde9CznDu_u5ERE9fqks1DT0dZ1XUQQ.eyJ1ljoiaHR0c)

02

NEW BLOG



Working as a freelance stylist and art director in the high-pressure world of the film industry during my twenties and thirties, I was continually pushed to my physical and emotional limits. To stay on top of my job, I learned two important survival techniques that remain with me to this day – live in the moment and stop regularly to take slow, deep breaths. Your ability to breathe through an experience, rather than resist it, creates space for you to process things effectively. The simple act of focusing on your breath naturally calms your mind, body and emotions and expands your awareness.

[READ MORE](#)

03

NEW MEDITATION



Coping with today's lifestyle can easily leave us feeling empty, anxious, overwhelmed or burnt out. If you need help winding down or recharging your worn batteries, enjoy a selection of my free meditations. Practical and accessible, the recordings are ideal for active people who find it hard to still their minds and be at peace. The meditations provide immediate relief from the symptoms of everyday stress. By using your imagination to create your own internal sanctuary, you can establish a sacred space to heal and grow, expanding your awareness.

[LISTEN NOW](#)

([https://shoutout.wix.com/so/b3MuRLf1k/c?](https://shoutout.wix.com/so/b3MuRLf1k/c?w=EQhdEJbP8hxSNjfNEGpe7LN4Nm2Qzoojlac7_UuZz6c.eyJ1ljoiaHR0cHI)

[w=EQhdEJbP8hxSNjfNEGpe7LN4Nm2Qzoojlac7_UuZz6c.eyJ1ljoiaHR0cHI](https://shoutout.wix.com/so/b3MuRLf1k/c?w=EQhdEJbP8hxSNjfNEGpe7LN4Nm2Qzoojlac7_UuZz6c.eyJ1ljoiaHR0cHI)

04

BOOK LAUNCH EVENT



For those of you living in Melbourne Australia, you are invited to join me and raise a glass to celebrate the release of my latest book at the Library at the Dock on Victoria Harbour Promenade in Docklands. Be one of the first to purchase a special edition, signed copy of Signs & Synchronicity.

Save the date: Saturday afternoon, 30th November from 4 –5pm. Attend and be in the draw and receive a complimentary Soul Session valued at \$300.00. Bookings essential.

BOOK NOW

Share Via:



[\(//bi](#)

Check out my website  ([https://shoutout.wix.com/so/b3MuRLf1k/c?](https://shoutout.wix.com/so/b3MuRLf1k/c?w=TQ4IJLvJ3bTDOAWztcG3zV28uICDDHbFyF1aU95Vyi8.eyJ1ljoiaHR0cHM6Ly93d3cu)

[w=TQ4IJLvJ3bTDOAWztcG3zV28uICDDHbFyF1aU95Vyi8.eyJ1ljoiaHR0cHM6Ly93d3cu](https://shoutout.wix.com/so/b3MuRLf1k/c?w=TQ4IJLvJ3bTDOAWztcG3zV28uICDDHbFyF1aU95Vyi8.eyJ1ljoiaHR0cHM6Ly93d3cu)

Created with

Love it?

[Discover more \(https://www.wix.com/ascend/home?](https://www.wix.com/ascend/home?utm_campaign=vir_promote_em_footer_wixads&referralInfo=SO_LP)

[utm_campaign=vir_promote_em_footer_wixads&referralInfo=SO_LP\)](https://www.wix.com/ascend/home?utm_campaign=vir_promote_em_footer_wixads&referralInfo=SO_LP)