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The Year of YES!: What if you said YES! to everything your Soul told you to do for one year?

Tracee Sioux

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The Year of YES!: What if you said YES! to everything your Soul told you to do for one year? Tracee Sioux
What happens when you say YES! to everything your Soul tells you to do for one year? This unfiltered personal diary is a raw, unflinching confrontation with the pain and regrets of a jagged past, an exploration of sacred (and not-so-sacred) sex, a slaying of demons, a baptism, and a transmutation of self. During this one-year life experiment Sioux lives by this promise from her Soul: Her Soul knows where she's going, she knows the fastest, easiest way to get there and she will never, ever steer her wrong. This is NOT a memoir written in past tense after everything turns out happy and wonderful. It was written in real time and the author filters absolutely nothing. She shares her doubts, her struggles, her petty little thoughts and anger and hurt over past and current money and relationship struggles. It is refreshing—though sometimes emotionally intense to read, asking the reader to confront their own demons by witnessing hers—to see an author be so revealing and painfully honest about what it really looks like to go through a transmutation of self and discover her Soul. At the beginning of the book the author is in financial crisis just after a divorce. She finds herself making $600 a month and feeding her kids from the food bank. She is still healing from her 12-year marriage and asking herself through much of the book, as all newly divorced people do, "how did I get here and where do I want to go now"? Throughout her healing journey she throws herself into creating a business and too peek behind the curtain and see the inner conflict of self-doubt and self-confidence that readers will relate to. At times the reader can expect to feel sympathy, anger, exasperation, shock, judgement, envy, joy, and inspired. The reader will discover anew the holy human experience of being a seeker in the face of the multitude of feelings and life we all experience. The book ends "unfinished," as the author is only 40 years old and has much life to live. Though she will most definitely be living it in a different way than she did before her Year of YES!

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