



## #HigherSelfie: Wake Up Your Life. Free Your Soul. Find Your Tribe.

By Lucy Sheridan, Jo Westwood

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**#HigherSelfie: Wake Up Your Life. Free Your Soul. Find Your Tribe.** By Lucy Sheridan, Jo Westwood

There is a cosmic alarm clock going off around the world! **#HigherSelfie's** aim is to unite all those waking up spiritually in this digital age. This book is a guide to love, connection and kickass surrendered action for young people who have at least a toe in the door of spirituality. With a no-nonsense approach and full of wit and humour, this book shares age-old concepts in a language that is accessible to the modern spiritual audience. Whether you have just bought a yoga mat or have been meditating for years, this book will offer you guidance and support, whatever stage of the journey you're at.

Life coaches **Jo Westwood** and **Lucy Sheridan** touch upon timeless topics such as forgiveness, surrender and the ego, as well as subjects specific to the current age, such as using social media in a healthy way, finding a like-minded tribe and following your own spiritual and life paths without comparing yourself to others.

Whether you're a Reiki master, climbing the corporate ladder or working in a garden centre in Northampton, **#HigherSelfie** will be the perfect gateway drug for those looking for something deeper and more meaningful.

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**Bibliography**

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### **Editorial Review**

#### Review

#HigherSelfie is a self-help book for the millennial age, aiming to help the younger generation get in touch with their spiritual side and find their tribe. What more could you want? LOOK magazine This is a great handbook for teens or 20-somethings who want to find a spiritual path to enlightenment instead of one where online profiles, pictures of your latest purchases and social status define you. -- Carol Ann Rice Daily Express This is an inspiring and thought-provoking read for anyone looking to follow a spiritual path in this digital age. Your Healthy Living

#### About the Author

**Lucy Sheridan**, AKA the UK's first Comparison Coach, helps Gen Y get over the 'compare & despair' of social media and be truly happy off- and online. [www.proofcoaching.com](http://www.proofcoaching.com)

**Jo Westwood**, AKA The Spirit DJ, is a life coach who helps women remix their lives with super practical spiritual coaching, so they can fulfill their highest potential in their career and relationships. [www.jowestwood.com](http://www.jowestwood.com)

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#### **Harold Froelich:**

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#### **Delia Black:**

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**Elizabeth Brock:**

Spent a free time and energy to be fun activity to try and do! A lot of people spent their sparetime with their family, or their particular friends. Usually they performing activity like watching television, going to beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Will you something different to fill your free time/ holiday? May be reading a book is usually option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of e-book that you should read. If you want to try look for book, may be the guide untitled #HigherSelfie: Wake Up Your Life. Free Your Soul. Find Your Tribe. can be fine book to read. May be it could be best activity to you.

**Shelia Tonn:**

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