

Here is a book for all those who feel tentative and a little unworthy about pursuing the depths of the spiritual journey. Through sharing her own honest experience of seeking God, Kim invites and guides us to discover and embrace the Divine that lives within our own whole and holy self - ultimately a journey from pain, to letting go, to trusting, to joy!

Affirming, authentic and transformative!

-Edwina Gateley, poet, author, retreat leader and social activist.

This book is a powerful testament to Spirit's movement in one's life—if only we listen. Kim Colella listened and embraced Spirit's whispers. She takes us on a courageous journey of discovery as she says Yes to opportunities that appear in her life. Each yes shows her courage to step beyond her boundaries of fear and doubt. This book offers an exploration of both the inner and outer landscape of her life. You will want to keep *Spirit Embraced: A Guided Memoir for a Life Authentic and Free* nearby for the myriad of tools and teachings she used to transform her life. These are tools any of us can use as we journey through life.

-Ardine Martinelli, Author

Listening to My Life

I savored Spirit Embraced! Taking in each compelling story - snapshots from the author Kim's life - left me wanting to read more, and yet I forced myself to take my time as I worked through the meaningful spiritual exercises. Enjoy this guide that will inspire you to be who you are meant to be.

-Susan Miller Lawler

As I finished reading Kim's book on July 4th, the fireworks show started to light up the sky. It made me smile. How apropos. So many times, while reading this book I had moments of bright enlightenment. Thank you, Kim for sharing the most important parts of your life journey with us. More importantly, thank you for giving us the tools that we can all use to make for a deeper, happier and more authentic life. There are times we wish we had the insight to do things differently or hold on to that joy longer. In this beautiful book Kim gives us those tools. She reminds us that we have the choice to expand and change how we look at ourselves and the world. She shares with us the importance of service. She teachings us that love, respect, inclusion and kindness should be the cornerstone of our lives. She presents to us the tools we can use to facilitate those changes. If you want to embrace your spirit and a more authentic life this is the book for you. Thank you, Kim for giving so much of your heart to us so that we can also grow. Spirit Embraced is a must read!

-Mary Rowlands

I had been looking forward to reading this book for a long time and I wasn't disappointed. Kim's writing is simple, powerful and evokes deep emotion. Her stories touched my heart deeply and I found myself breathing into my welling emotion. Who doesn't want to hear their mom tell them she loves you? Kim finds resources to support her growth and her life journey and she shares them with the reader. It's not hard, and with faith and a compassionate guide, you too can move through your own challenges. Give yourself the gift of spending time with this book and let's Kim's voice soothe your heart and soul.

-Sarah Thorpe, Healer

"I gulp in this new reality
Of ME
Fully Lived"

From the moment I peeked at a few of the photos and read the captions, tears started, and I knew deep down that this book was going to be a blessing, a powerful message and tool for many. Little did I know, by page 45, I would have cried, laughed, smiled huge soul smiles! My heart and soul said out loud "Thank you Kim!!" Thank you for your raw and honest transparency, thank you for your insights into healing, and the tools to go with it all. This memoir isn't just the 'good stuff', the 'easy' stuff, it isn't the work typically written about to achieve your goals and find your path... this is beautiful moments and heart wrenching moments, heartfelt and deep, personal and real. Thank you, Kim, for taking us on this journey, for sharing your love and wisdom, for helping us to achieve A Life Authentic and Free!

- Mary Bowen-Lemke