



The Best of Creative Spiritual Women: Inspiration and Encouragement for Mindful Living

Crystal Pirri

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If you long to be free, this book is for you. If you want to stop suffering and start living the life you love, this book is for you. A collection of essays from the author's popular blog, The Best of Creative Spiritual Women sheds light on the behaviors that hold us back and give us concrete tools to be the creative, successful, spiritual beings we long to be. These essays inspire and encourage women who carry emotional pain and trauma to use mindfulness tools to get to the next level- an emotionally healthy life.

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