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# Soul & Spirit

Your No. 1 spiritual life coach magazine

November 2021

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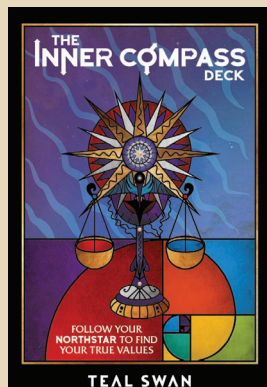
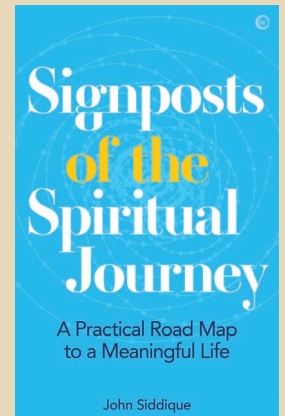
# ARMCHAIR READS



Lose yourself in one of our top reading picks this November

## ***Signposts of the Spiritual Journey: A Practical Road Map to a Meaningful Life*** By John Siddique

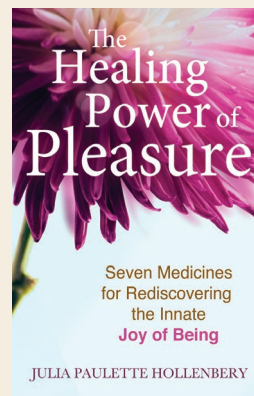
This transformative and highly practical book by author and spiritual teacher John Siddique offers a true roadmap for those embarking on the spiritual path, sharing the signposts as well as the obstacles one can encounter along the way, and how to genuinely move past them. Whatever level of freedom you feel drawn to, *Signposts of the Spiritual Journey* will guide you to reap the benefits of a more meaningful existence in the here and now. £12.99, [amazon.co.uk](https://www.amazon.co.uk)



## ***The Inner Compass Deck: Follow Your Northstar to Find Your True Values*** By Teal Swan

This unique deck by modern spiritual leader Teal Swan has a simple yet crucial aim: to help you discover what matters most to you and allow you to live unconditionally according to those values. Think of your honest, authentic self as true north and this deck as your compass, guiding you

to what you want to be in the world, what you want to do and how you want to go about doing it. £30, [amazon.co.uk](https://www.amazon.co.uk)

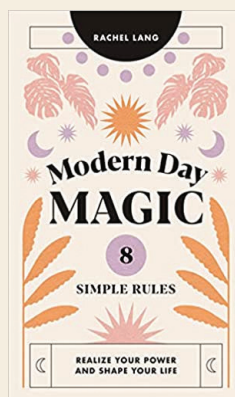


## ***The Healing Power of Pleasure: Seven Medicines for Rediscovering the Innate Joy of Being*** By Julia Paulette Hollenberg

Go from boring everyday reality into an abundance of pleasure and delight! Break through personal and cultural barriers and into the self-confident sensuality of a deeper, happier and more conscious life. Be taken through a step-by-step healing and transformational journey of seven practical and paradigm-shifting spiritual 'medicines' – slowing down, embodying, deepening, relating, pleasure, power, and potency. Inspiration, poetry and somatic practices for just £14.95, [amazon.co.uk](https://www.amazon.co.uk)

## ***Modern Day Magic*** By Rachel Lang

*Modern Day Magic* is the only step-by-step guide that shows how to weave magical practice into your daily life. The book offers practical exercises, meditations, rituals and journal prompts designed especially for men and women with busy schedules. With eight simple magic rules, *Modern Day Magic* is also a primer to help readers understand fundamental magic rules and practices to help them unlock their magical power and use it to reclaim and change their lives for the better. £11.49, [amazon.co.uk](https://www.amazon.co.uk)



## ***Signposts to Source*** By Laura Morrice

How does a person go from rock bottom drug addiction and toxic relationships to a life of love, fulfilment and spiritual alignment? In her debut memoir and personal development hybrid, Morrice takes you on a journey of truth-seeking and growth as she learns how to navigate life's signposts and how they can lead each of us to a life of empowered transformation. £15.99, [amazon.co.uk](https://www.amazon.co.uk)



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# Gifts for Book Lovers



## **My Forever Heart** by Melanie Veares

This is a beautiful, spiritual fiction book that takes you on an emotional ride as you follow the journey of Grace Sullivan as she dies and is reborn into heaven. £8.99, [amazon.co.uk](https://www.amazon.co.uk)

## **Natural Magic for the Modern Goddess** by Lisa Melbourne

This book invites you to practise rituals and natural methods allowing you to reflect, acknowledge and make the change you need to find your inner goddess. £12.99, [amazon.co.uk](https://www.amazon.co.uk)



## **Signposts to Source** by Laura Morrice

On a journey of truth-seeking and growth, Laura learns how to navigate life's signposts and tells how they can lead each of us to a life of empowered transformation. £15.99, [amazon.co.uk](https://www.amazon.co.uk)

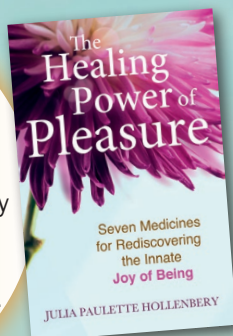


## **The GLOW Ritual** by Jai Koo-Ven

This is a simple 31-day self-care guide for the busy modern woman, with daily and easy solutions to live a Glowing Life Of Wellness. Available on pre-order as a limited edition gift set with crystals and stationary for £35, [jaikooven.co.uk](https://www.jaikooven.co.uk)

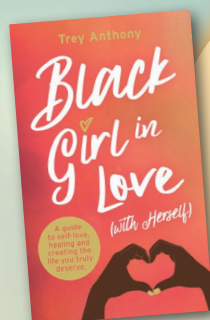
## **The Healing Power of Pleasure: Seven Medicines for Rediscovering the Innate Joy of Being** by Julia Paulette Hollenberg

This will lead you through personal and cultural barriers into the sensuality of a more conscious life. £14.95, [amazon.co.uk](https://www.amazon.co.uk)



## **The Gift of Gratitude: A Guided Journal for Counting Your Blessings** by Louise Hay

Learn how to enjoy life's gifts with this journal packed with Louise Hay's affirmations and motivational exercises on self-love, joy and living in gratitude. £11.99, pre-order at [amazon.co.uk](https://www.amazon.co.uk)



## **Black Girl in Love (with Herself)** by Trey Anthony

Trey Anthony has written the book she needed to read as a Black gay woman, as she breaks down the lessons she used to find healing. £12.99, [hayhouse.co.uk](https://www.hayhouse.co.uk)

## **The Divine Feminist** by Ceryn Rowntree

This is an invitation to heal the wounds from centuries of imbalance in the structures built to protect us. £12.82, pre-order at [amazon.co.uk](https://www.amazon.co.uk)

