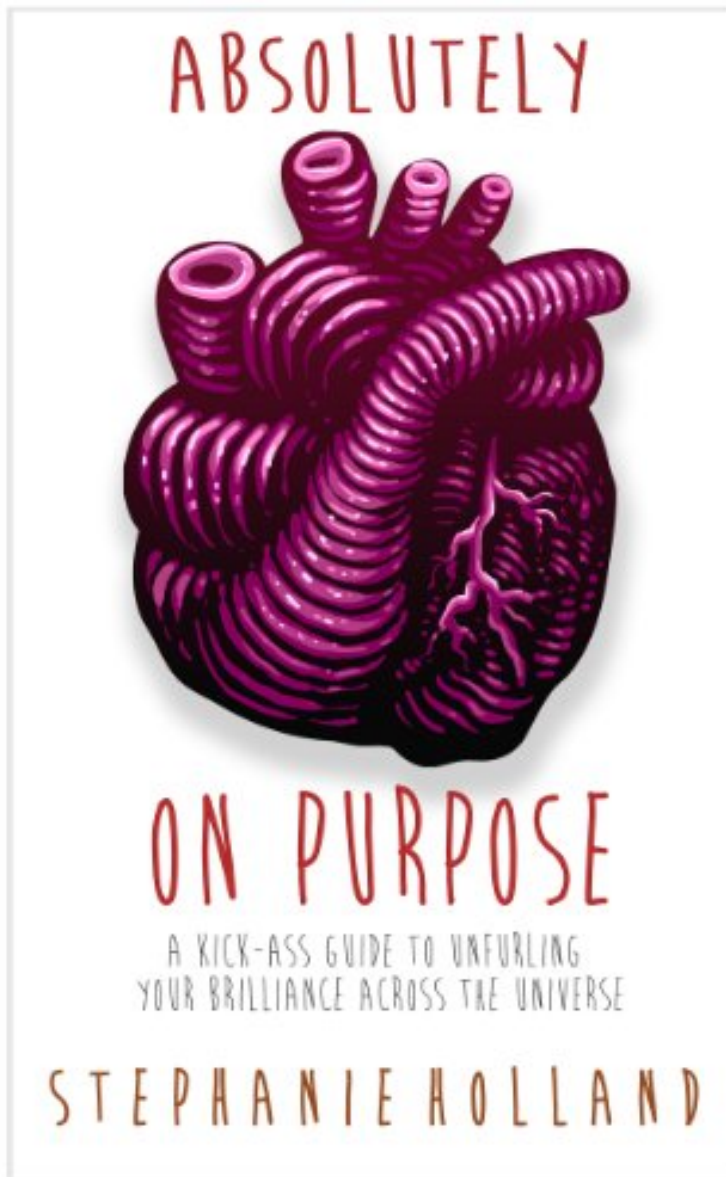


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# Absolutely on Purpose: A Kick-Ass Guide to Unfurling Your Brilliance Across the Universe (English Edition)



*Par Stephanie Holland*  
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[PDF] Absolutely on Purpose: A Kick-Ass Guide to Unfurling Your Brilliance Across the Universe (English Edition)

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## Description :

Prsentation de l'diteurBlinded by a culture of bigger, better, faster and seduced into wanting more, more, more, weve become distracted from what matters to us the most, and 'forgotten' how to tap into our own unique blueprint for brilliance. With a crumbling economy and disappearing jobs, established rules and

expectations no longer serve us and it's becoming clear that there is only one option: to live Absolutely on Purpose. Cutting through the riff raff of our perception, debut author Stephanie Holland delivers a collection of visionary common sense for life, art, and entrepreneurship designed around the ancient principles of yoga. Forget 'downward dog'. This book is the grenade that identifies and explodes the self-imposed blockades and prisons that many of us have created. Featuring workbooks designed around nuggets of visionary wisdom, this book offers a fresh set of tools designed to help you dismantle the excuses that keep you stuck. Its a kick-ass guide to living with passion, purpose and vision, and a smrgsbord of ideas on how to impact the heart of humanity by doing whatever you love. PRAISE FOR ABSOLUTELY ON PURPOSE: 'A seductive read; it is at once intelligent, eloquent, inspiring and deeply enjoyable.' JILL BADONSKY, author of *The Muse Is In: An Owner's Guide to Your Creativity* 'An incredible combination of inspiration and practical advice from someone who is living the process.' ROB SYMINGTON, Co-founder, *Escape the City* 'I wish I had Stephanie's book in my hand when I started navigating the uncertain path of entrepreneurship.' SHANNON WHITEHEAD, Co-founder, {r}evolution apparel, and sustainable apparel consultant 'Sometimes we forget that our lives are precious and need to be lived - every single day - with purpose. Holland reminds us that we only have right now to make our lives extraordinary.' ALISON TURNER, Editor, *Australian Yoga Journal*

Blinded by a culture of bigger, better, faster and seduced into wanting more, more, more, we've become distracted from what matters to us the most, and 'forgotten' how to tap into our own unique blueprint for brilliance. With a crumbling economy and disappearing jobs, established rules and expectations no longer serve us and it's becoming clear that there is only one option: to live Absolutely on Purpose. Cutting through the riff raff of our perception, debut author Stephanie Holland delivers a collection of visionary common sense for life, art, and entrepreneurship designed around the ancient principles of yoga. Forget 'downward dog'. This book is the grenade that identifies and explodes the self-imposed blockades and prisons that many of us have created. Featuring workbooks designed around nuggets of visionary wisdom, this book offers a fresh set of tools designed to help you dismantle the excuses that keep you stuck. Its a kick-ass guide to living with passion, purpose and vision, and a smrgsbord of ideas on how to impact the heart of humanity by doing whatever you love. PRAISE FOR ABSOLUTELY ON PURPOSE: 'A seductive read; it is at once intelligent, eloquent, inspiring and deeply enjoyable.' JILL BADONSKY, author of *The Muse Is In: An Owner's Guide to Your Creativity* 'An incredible combination of inspiration and practical advice from someone who is living the process.' ROB SYMINGTON, Co-founder, *Escape the City* 'I wish I had Stephanie's book in my hand when I started navigating the uncertain path of entrepreneurship.' SHANNON WHITEHEAD, Co-founder, {r}evolution apparel, and sustainable apparel consultant 'Sometimes we forget that our lives are precious and need to be lived - every single day - with purpose. Holland reminds us that we only have right now to make our lives extraordinary.' ALISON TURNER, Editor, *Australian Yoga Journal*

Biographie de l'auteur Stephanie Holland is a traveller, writer, aromatherapist and foodie, passionate about life, wellbeing and maximising human potential. A dot connector at heart, she has shared her strategic thinking with small startups like yahoo, msn and AOL, but has gradually realised that she wants to work less and live more. Now her energy is directed towards inspiring heart-centred humans make their imprint, and writing about all the amazing ways we can fire up our body, heart, mind and spirit so that we can live Absolutely On Purpose. She drinks a lot of Earl Grey tea, thinks a lot about coconut macaroons, and loves roses. She currently calls Western Australia home, believing that London will eventually forgive her.