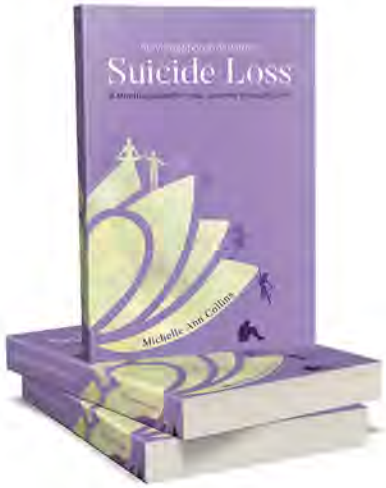
Books

Surviving Spouse or Partner Suicide Loss



How will I survive this loss?

When her life shifted from fairytale to nightmare due to her husband's death by suicide, Michelle Ann Collins found herself in the darkest place imaginable, reaching for answers to questions like: How am I going to eat, sleep, get out of bed, and do all the things? As a yoga therapist and wellness coach, she had more tools than many suicide loss survivors do, and yet escaping the dark grief cave required the most excruciating work of her life.

It may feel like it now, but your life did not end with theirs.

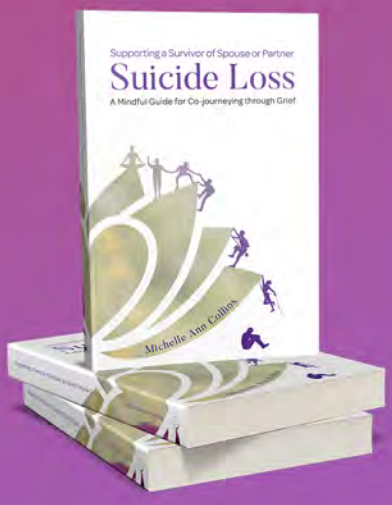
In this book, Michelle shares the tools, insights, and practices that enabled her to drag herself out of the cave, release the mental and emotional burdens, and build a deep resilience as she climbed the mountain of grief and eventually gained enough strength to turn around and help others.

Supporting A Survivor of Spouse or Partner Suicide Loss

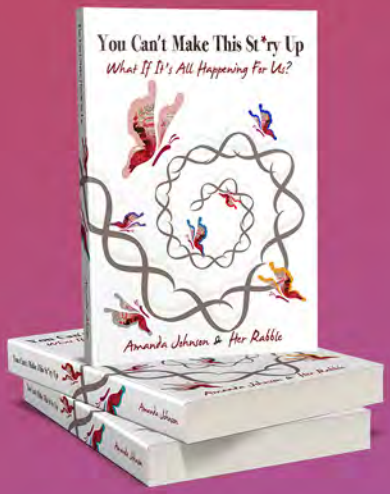
What can I do to help?

One of the most painful parts of Michelle's journey was the realization that her friends didn't have the information or skills they needed to help her.

When you don't know how to help, open up this book and find the information and skills you need to support yourself and your suicide loss survivor.



You Can't Make This St*ry Up



*You Can't Make This St*ry Up* is a collaborative effort to help other messengers, creatives, and coaches like you:

Consider alternative reasons for "writer's block" and find the real force driving that inspiration

Recognize the opportunity for healing that comes with each phase of creation and/or client engagement

Discover and savor all of those past, present, and future YCMTSU moments

If you are feeling stuck and unable to move your project or your coaching business forward, prepare to laugh and cry your way to your biggest breakthrough yet.

Phoenix Rising

Would you like to turn your pain into wisdom and your experiences into your superpower? Would you like guidance from those who have gone before you?

Then join us on this heartfelt journey with 19 extraordinary women who have shared the story of the experiences that tried to break them and how they turned their challenges into their strength and rose renewed and on fire to create lives of purpose and passion.



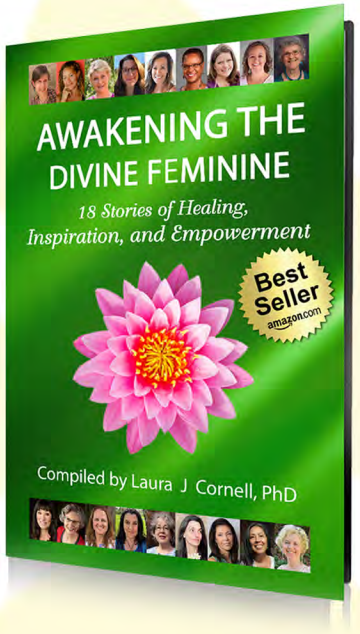
In *Phoenix Rising* you'll hear from an incredible group of women who have lain beneath the ashes of the lives they once knew, experienced a rebirth and used the flames that burned all they knew to the ground to ignite the fire inside them and to rise up brighter, stronger and more on purpose than ever to achieve their dreams.

In a world that is so superficial it can appear that those around us are doing better than we are, that they have something we don't, that we couldn't possibly do what they have done. In Phoenix Rising these women show you behind the scenes of their lives and what it took for them to get to where they are today.

If you're ready to be inspired, impacted and ignited by women just like you so you can learn from their wisdom and apply it to your own life to spread your wings and soar towards your goals then turn the first page and get ready to take flight.

Awakening The Divine Feminine

18 Stories of Healing, Inspiration and Empowerment



Never before has the Divine Feminine been so needed on our planet. The suffering of Mother Earth will stop only when humanity as a whole ~ both women AND men ~ collectively raise our consciousness to a new level of love.

This book contains stories of women who transformed their most profound difficulties into a source of strength that they now use to uplift and empower those around them.

These leaders, experts in their fields with decades of experience, share stories of how they:

- Discovered they are more resilient than they ever imagined.
- Found unconditional love for self and others.
- Not only survived, but found joy and purpose after grief and loss.
- Became powerful healers through yoga, reiki, massage, intuitive communication, plant medicine and more.
- Allowed the Divine Feminine to move through them in ever more creative and soulful ways.

Enjoy the inspirational and uplifting stories contained within these pages. Then bring your powerful self to the circle. Your voice is needed. We invite you to join us.

Awakening the Divine Feminine has been the theme of Laura Cornell's life. She founded Divine Feminine Yoga to help women heal ~ body, mind, and soul ~ so they can reach out to heal the world. Coauthors are Esther Wyss-Flamm, Jen Antill, Deah Jenkins, Jane Kleiman, Chona Villegas, LaShanda Brown, Erin Dowd, Cindi Buenzli Gertz, Angie Merritt, Michelle Ann Collins, Anne Conley Ondrey, Claire M. Zovko, Hyla Hitchcox, Martha Chabinsky, Jennifer Deville Catalano, Lydie Ometto, and Laura Hernandez.