



Soul Coaching: 28 Days to Discover Your Authentic Self

Denise Linn

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A four-week program dedicated to an in-depth cleaning and cleansing of the different aspects of your life: mental, emotional, physical, and spiritual.

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Date : Published October 1st 2003 by Hay House (first published 2003)

ISBN : 9781401902315

Author : Denise Linn

Format : Hardcover 206 pages

Genre : Spirituality, Nonfiction, Self Help, Psychology



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Chris says

This is a feel good book that helps reel you back in to our purpose in life. If you are in need of being centered or grounded this is your book. This book helps you to discover who you are and how to stay positive. It teaches the old adage that what you think and feel comes back to you like a boomerang. We must believe in ourselves and that negativity is a reflection of others and where they are at spiritually. This teaches us how to be the best we can possibly be every single day. Like everything else in this world we are taught we just need to practice and stay focused on what we are trying to accomplish.

Christine says

This one is going to take awhile.. taking my time with it as time permits. So far highly recommended!

Donna, Walks In Spirit says

I loved the layout for this book. I loved that there were 3 levels of participation. I loved that each week corresponded to an element.

Truthfully, I wasn't expecting so much work. There were weeks I did everything and weeks I did the minimal. I do believe this soul work helped me get to the heart of some BIG, lifelong issues.

So if you're ready to leave the past behind, give yourself an hour a day to dig in and unearth the real you.

Paul says

The book offers the reader the opportunity to complete a number of introspective self-discovery exercises over 28 days. Themed around the elements of air, water, fire and earth, each day includes a summary, an intention and three different tasks to help you better understand yourself. Each exercise set offers three different explorations of increasing commitment requirement so you can pick how much energy you want to give the challenge for that day.

The author takes a very metaphysical approach with a heavy emphasis on non-coincidental happenings, spiritual guidance and attunement with the planet. However, a number of the exercises do offer an inward directed approach to determining true desires and intentions which would be helpful in a coaching relationship. Some of the most valuable themes are simplifying your life, taking action, discovering what you truly want for your life and modifying your inward and outward thoughts to help you get there.

Overall, this was an interesting book. If you're more spiritually inclined, you'll likely get a lot out of the exercises. Even if you take everything at face value, however, there is still some valuable insight to be

gained.

Rhégina Sinozich says

This is a fantastic book for someone who wants a step by step guide to doing some major shifting in their lives. Linn guides and prods through this process. Very valuable read as a guide to changing your life.

Judith says

Friend Jamie and about 20 other bloggers did this 28 day Journey - it was awesome.

Faith Tydings says

This is an amazing book if you want to organize your life, your thoughts and your priorities. I'm not where I want to be but I'm a step closer and this book was a great boost in helping me get there.

Amy says

This was such a unique experience. She offers 3 levels/exercise of work you can do which makes the program very customizable. She also encourages you to finish the book, making the suggestion that you don't pressure yourself to adhere to the 28 days and take more time if needed. You can choose to change the levels daily. I opted to do all 3 daily exercises and the results of doing this was a catalyst to many epiphanies and deep thoughts to ponder. Life changing. The drawback to this book is that the workload or the time required varies per day. Some days, it was very intense and time consuming and other days very light and quick.

She is very big on decluttering your home but is very practical and gentle about it to the point that you can take a drawer and organize it (no need to tackle your entire house). It feels so good!

It took me close to 60 days to complete this book because the time required varied per day. Some of the exercises I did over a day or two. There were a few times I had to take a break for a few days and reflect on the exercise I did. It's really that powerful.

Take the plunge and do this for yourself, you won't regret it.

Edith says

WOW. What an incredible journey this has been.

Denise Linn has been a marvelous teacher this last year, when I've so needed one. All I can really say is that this book will change your life the moment you begin it. I have experienced so many beautiful manifestations of love, peace, and vast change since beginning. My soul is shining brighter every moment because of what I've learned thus far and I plan on taking these lessons along with me for the rest of my life. I am light! I am love! I am filled with joy!

KC says

not really anything new here. A good book if you've never done this kind of thing, but there are better ones out there.

Michelle says

I bought this book in February '14 but finally got around to completing the 28-day soul coaching program this summer. It's great. Lots of interesting exercises, nice way to examine your life from the inside out. May not be a lot of new material if you've read a lot of self-healing material, but she presents everything in a nice way. I like how she provides three levels of activities for each day: "Level 1" activities are simpler and require less energy; "Level 2" activities invite you to go a little deeper, and "Level 3" activities are considered "going all out". I did the best I could with the activities, and even if I didn't "go all out" each day, they will definitely stick in my mind and I can see myself referring to the book in the future to complete them later when the whim strikes. :)

L says

practical ways to clean and clear mind, body and soul.

LaNaie says

I loved this book! I was determined to do all the exercises in the book and by doing the exercises I learned a lot of things about myself. Knowing where you are at in your life, allows you to move forward. I believe this book helped me change the way I think about myself and my outlook on life. It's worth the read.

Wendy Burruel says

Denise is an amazing coach and if you're looking to make significant changes in your life in 28 days, this is the book for you! Written in an easy-to-follow format (just a few pages a day) for 28 days, this book helps you to move the needle...one day at a time.

Mary says

Received as a companion book to the 28-Day Soul Coaching program that I participated in Fall 2013. Easy to follow format that re-enforces the audio recordings. It's a book that I go back to regularly each time I embark on a 28-Day journey on my own.
