



Colleen R. Russell, The Artful Sage

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LOCAL AUTHOR WRITES BOOK TO HELP WOMEN FIND AND LIVE AUTHENTIC LIVES

Colleen R. Russell M.A.T.P. shares her challenging personal story to inspire other women to reflect on their own stories, heal their lives, awaken creativity and to express and actualize their unique gifts.

October 30, 2018 – Hayden, ID – Colleen R. Russell, The Artful Sage, a local artist, speaker and women’s empowerment coach has written a deeply personal story of awakening entitled, “The Feminine Path to Wholeness: Becoming a Conscious Queen.”

Russell says we are living in a time when women are feeling called to transform their lives, find their voices, stand in their truth and heal the fragmentation in themselves and the world. The Feminine Path to Wholeness offers a modern-day look at the age-old spiritual journey women take to let go of the status quo and find their true selves.

It answers the questions: Is it possible for us to let go of the negativity, fears, blame and oppression we have carried for centuries to live full and vital lives? How do we embrace our whole selves, those parts we love as well as those parts we don’t? How do we heal our body, mind and spirit? Can our journey benefit our families, communities, everyone? How can we find and share our unique gifts?

The self-published memoir is for people interested in the following topics:

- Personal & spiritual transformation
- Women in transition
- Women searching for their true self
- Women’s empowerment
- Loss and grief
- Healing one’s personal story
- How to express your gifts
- Sexual abuse and addiction
- Transforming masculine and feminine archetypes
- Awakening creativity
- “Me Too” movement
- Feminine studies

Value proposition of the book includes:

- Short, quick-read, at 130-pages in length, filled with inspiring quotes and colorful art.
- Contains eight creative exercises to assist women in healing their stories and discovering and expressing their unique gifts.

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- Contains one woman's journey (of coming-of-age during the 1960s and the second wave of the feminist movement) as she moves from victim-to-empowerment, overcoming years of oppression and depression.
- A transparent, honest story about women's lives and challenges.

Russell's goals in writing the book were to:

- To give meaning and purpose to her own life.
- To help other women awaken and bring forth their unique gifts.
- To restore the balance of the feminine.

The book is currently sold on [amazon.com](https://www.amazon.com) and is being distributed through local channels. The author is interested in media interviews and speaking opportunities to share her message.

Copies of the book are available to the media for editorial use.

More about the author

Colleen Russell, The Artful Sage, is a women's empowerment and creativity coach whose passion is helping women find and live authentic lives. She earned a Bachelor's degree in Journalism and a Master's in Transpersonal Psychology with a focus on women's studies and spiritual transformation. Colleen is a 2010 graduate of a three-year Jungian-based BodySoul Leadership training taught by Marion Woodman, a world-renowned leader in feminine studies. She is a certified SoulCollage® facilitator and she recently became a certified instructor of Clarissa Pinkola Estes' book: Women Who Run with the Wolves.

Colleen is committed to guiding women in the feminine path to wholeness - restoring the balance of the divine feminine and re-imagining a world that embraces beauty and soul and bridges the division in today's culture. She, also, co-leads women's retreats, does public speaking engagements and co-facilitates trips abroad.

She resides in northern Idaho with her husband Randy and their Golden Retriever, Daisy, where she spends both personal and professional time in her art studio as a mixed-media and SoulCollage® artist.

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