



The Undiscovered Goddess

Michelle Colston

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AWARD WINNER AT THE PARIS BOOK FESTIVAL & HONORABLE MENTION AT THE HOLLYWOOD BOOK FESTIVAL! Who knew a bottle of wine and a Cosmo quiz could change a woman's life? After finding out that she's leading a shallow and purposeless existence, according to the credible psychoanalysts at Cosmopolitan Magazine, Holly desperately wants to keep up with the trends and get in touch with her spiritual side. The only thing standing in her way is a boatload of neuroses and an affinity for good wine and junk food. As the housewife of a workaholic and a frazzled mother of three, Holly figures true enlightenment is impossible since relocating to a mountaintop to live in monk-like solitude isn't exactly practical. When scavenging the Self-Help section at the bookstore, she comes across a workbook titled Discover Your Inner Goddess. Her interest is piqued. Although Holly has a sneaking suspicion her inner goddess ran away screaming a long time ago, she decides to buy the book anyway, despite her inner cynic. Still, all skepticism aside, Holly commits to the exercises in the workbook, finding each of them to be more ridiculously uncomfortable than the one before it. Fear, a colon-cleanse, yoga and REALLY spicy curry, just to name a few, the lessons are hard on her emotions, not to mention her digestive system. By journaling through lessons written by a lofty guru, Holly takes you along the bumpy ride of her newly found spiritual path, stumbling over her own feet every step of the way. But will this workbook help Holly find her inner goddess and grow into the woman she desperately wants to be, or was that Cosmo quiz right all along?

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