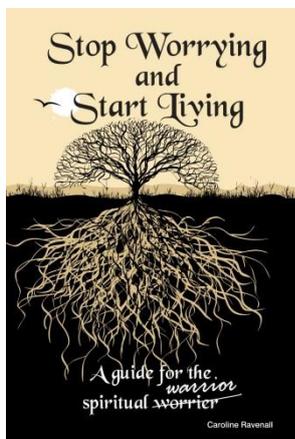


Virgin Territory: Ex Branson executive outlines a road map for personal transformation in insightful self-help autobiography

AUCKLAND, New Zealand – Author Caroline Ravenall’s wish is that her new autobiography/self-help book **“Stop Worrying, Start Living: A Guide for the Spiritual Worrier/Warrior”** (Balboa Press, NZ RRP \$40, release date March 2013) will awaken people to the rich tapestry of spiritual guidance to be found in myths, legends and fairy tales.



“There is so much information on spirituality out there in the world today” says Ravenall. “For the self-confessed agnostic in search of something more than a material existence, it’s difficult to know where to begin. This book is about making spirituality accessible and practical to those new to the path. Myths and fairy-tales can provide us with a road map for personal transformation and spiritual growth if we know where to look and how to interpret their message.”



Ravenall’s personal tale of discovery, does indeed read like a mythological heroine’s journey. The first part of this intriguing book is dedicated to her personal story of transformation from ‘worrier to warrior’ after leaving a high flying career in Richard Branson’s Virgin empire in an effort to discover her true identity and purpose beyond the title on her business card. She skilfully draws readers into her quest by addressing what she believes are some of the real issues and challenges faced by many individuals attempting to live their lives more authentically. Through the highs, lows and lessons learned on her journey, she helps them answer some of the most perplexing questions about life and their existence utilizing stories, myths and metaphors that are easy to read and understand.

“My wish is that this book will act as a companion for any reader setting out on the spiritual seekers journey,” she says. “It’s been written as a guiding hand for anyone, who like me, finds themselves endeavouring to make sense of the world and needing some answers at a particularly difficult time in their life.”

About the Author

Caroline Ravenall is an international speaker and metaphysical coach. She was born in the UK, spent 15 years in South Africa and currently resides in Auckland, New Zealand. She has a background in sales marketing and organisational culture change and was responsible for launching the first Virgin brand on the South African Continent. You can visit her website www.spiritualworrier.com for details of her workshops, talks, forthcoming books and a blog with insightful insights from her own personal journey through life.



RELEASE DATE: March 2013; RRP \$40

Available at Amazon, Fishpond, Barnes & Noble and in store at Whitcoulls NZ

For an interview, review copy, or further information, please contact Publicist Lorraine Steele,
Tel. (09) 480-2007 | (021) 859-805 | email: lorraine@lighthousepr.co.nz
<http://www.carolineravenall.com/> <http://www.lighthousepr.co.nz>