



This Way Up: Seven Tools for Unleashing Your Creative Self and Transforming Your Life

Patti Clark

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Women spend so much of life nurturing and giving to others that when they find themselves alone—because of an empty nest, the end of a marriage, or the death of a partner—they often struggle with feeling purposeless. *This Way Up: Seven Tools for Unleashing Your Creative Self and Transforming Your Life* provides a step-by-step way out of this sense of loss and into a life filled with enthusiasm, creativity, and joy.

This story of healing centers on the essential wisdom of introspection and on the importance of following one's dreams. Join the protagonist, Katya, a widow whose two sons have recently left home, as she learns seven tools for uncovering her best self: visualization, heart-centered goal setting, positive focus, meditation on love; meditation on forgiveness, gratitude, and taking action on inspiration. Katya's experience highlights these insights in an easily digestible, highly relatable format that readers can systematically apply to their own circumstances as they work through *This Way Up's* twelve weeks' worth of day-by-day journaling exercises, thought-provoking questions, and reader support. For any woman who yearns to lead a fuller life but doesn't know how to begin, this book is an ideal starting point.

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