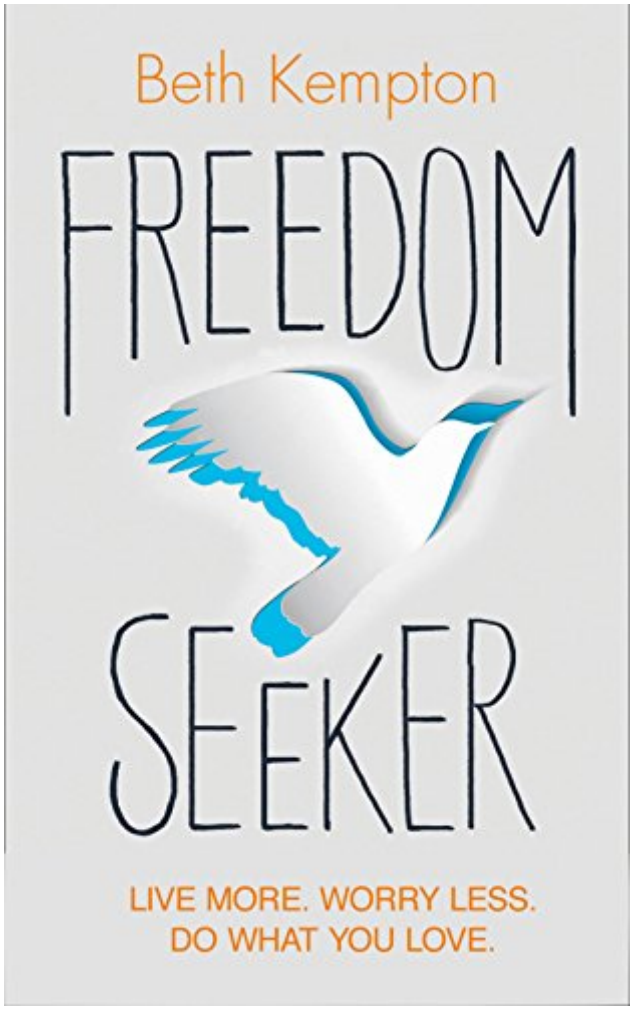
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Freedom Seeker: Live More. Worry Less. Do What You Love.



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Synopsis

This book is a call to action based on one simple concept Ã¢â ¬â œ that personal freedom is a choice. Beth Kempton went from being a life-loving, risk-taking adventurer to a grown-up, settled down, mother-wife-business owner, before realizing the life she had built was suffocating her. She set out to find her personal freedom, and, along the way, discovered that many others were also feeling hemmed in, suffering from anxiety, depression and physical pain, exhausted, disconnected, and sad. Beth knew she had to share her path to freedom with others, so that they too could liberate their lives and find joy and fulfilment.Ã Â Freedom SeekerÃ Â is a collection of all the wisdom, techniques and steps that took Beth to freedom. It shows how to make the most of the extraordinary time we are living in, where technology offers new ways to live, work, learn and connect with each other. It's a very current manual for living more and worrying less. It is a timely self-empowerment manifesto: an inspiring and practical manual that will enable you to recognize that freedom is a choice, and that you have the power to make that choice and create the life you want.Ã Â Full of personal stories of those who have taken the journey to freedom, this honest, courageous and touching book will take your breath away. It also includes a host of original, transformational tools to help the reader escape their cage and learn to soar.

Book Information

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Customer Reviews

It’s hard to put into words what this book can do for you. Beth has brilliantly described the feeling of being trapped, and she provides suggested freedom keys for your escape. This book is great for a wide audience, but especially mothers of young children may relate well to Beth’s personal story. I highly recommend this book.

Awesome book! I loved it so much I finished it in one evening! I haven’t done the excercises yet but it has already helped inspire me so much. Can’t wait to delve in and get started working Beth’s wisdom :-D

Freedom Seeker is an inspiring and practical manual that expertly guides the reader in ultimately being able to live a more conscious and authentic life, free from the constraints of everyday expectations that often we, or others put in place without us realising it. Through exercises we are encouraged to assess our lives, thought patterns and dreams and use the Freedom Keys to nurture us, challenge us and free us. It’s about growth and discovering where our own freedom lies. Beautifully written, inspiring and engaging, this will be my steady companion for a long time.

Beth is so talented and offers such wonderful insights. I began reading this book, and immediately returned to the bookstore and purchased one for a dear friend of mine, who is also struggling in a job she doesn’t like, feeling like there is more of her to offer the world. I love the way Beth offers the journal entries/activities to keep you actively engaged in the process. She uses words that spark such a connection in my spirit, and offers me hope that I really will find what makes my heart sing. This is a wonderful book, and you will be glad you read it!

I just finished chapter 1 and I can’t put this book down. Not only am I mesmerized by Beth’s adventures but I’m loving that she wrote this book to help me and you out there to find our free spirit again. Trust me, this is the book for you if you have a desire to seek freedom in your everyday life!

I’m into chapter 2 and I can’t put it down! Beth is insightful, wise and funny. I’m looking forward to working with the 8 keys to freedom. She explained how someone might say they will never get to

cycle through France and experience all the beauty of the country--but they have not taken their bike out of their basement in forever. We have so many excuses for feeling trapped and caged in. Thank you Beth for shedding a light so that we can 'break free' in everyday life. I can feel the beautiful energy with which this book was written--I'm hooked!

Loved this book! Uncertain in the beginning, it was chosen as part of my reading club so gave it a try and WOW, it just resonated with the trapped feeling I have been going thru the last three years. So many of the help books I've read just deal with identifying your pain, but Freedom Seeker gives steps to overcome the cage and then methods to find success and hope once free, and THEN plans to create your best life! Bought copies for my mum and best friend to spread the freedom!

An honest and thorough book about noticing self blocks and doing something about it. Easy read and broken down steps to achieve positive change.

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