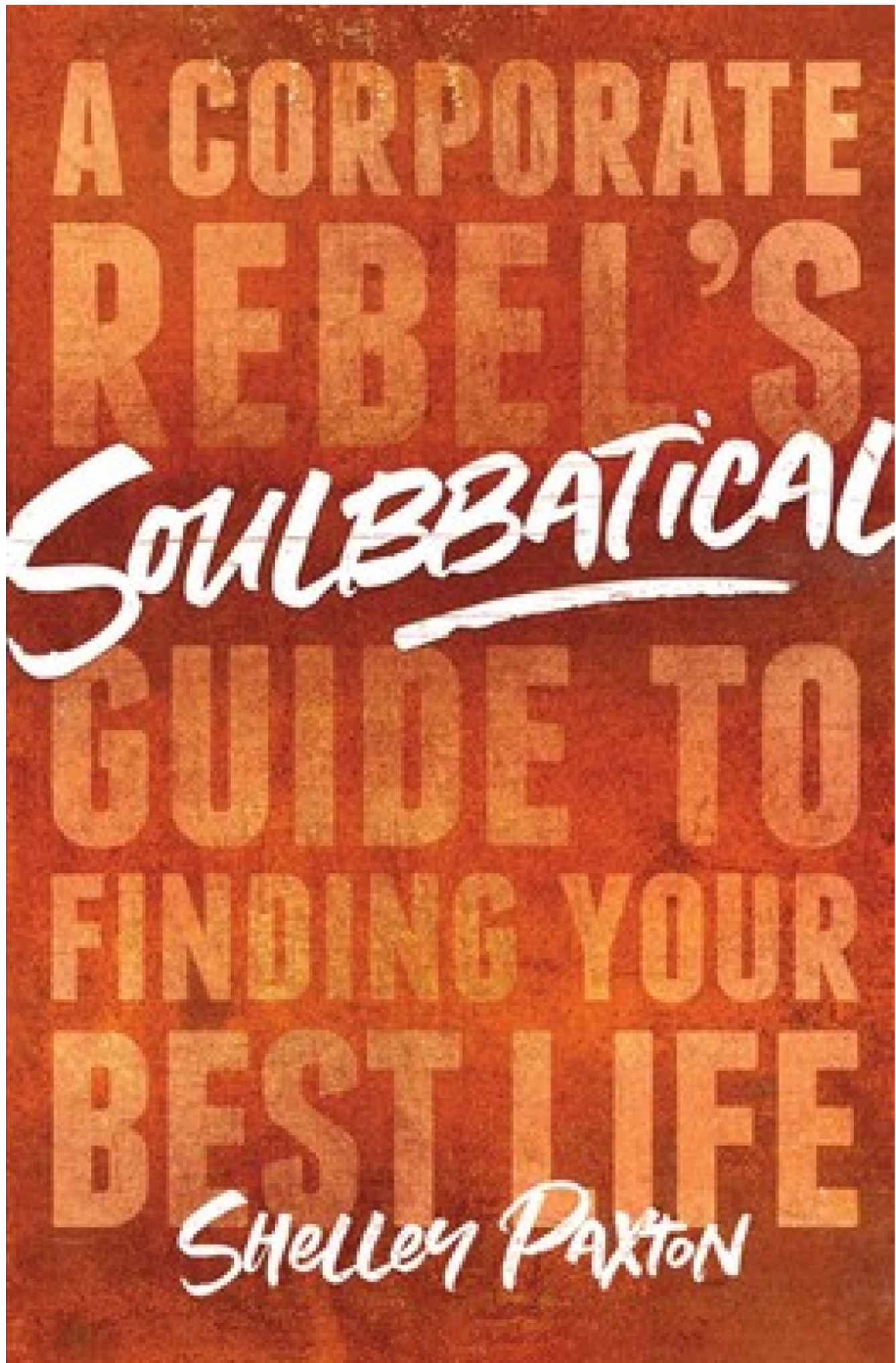


# Perfect Book To Read During A Pandemic, SOULBBATICAL

How to go from Burnout Fighter to Fire Reignite-r



**Los Angeles, Sep 16, 2020 ([IssueWire.com](http://IssueWire.com))** - With so much uncertainty in 2020, it's the perfect time to take a "soulbbatical." But what's that mean exactly?

SOULBBATICAL is a way of being. Living and leading from a place of authenticity and courage. It's about leaning into your purpose in order to unleash your wildest potential and impact in the world. Shelley Paxton says, "slow down to go fast" and with the burnout rate soaring, the silver lining of having a pandemic is that the world has been forced to slow down, freeing up space and time for self reflection and clarity around finding your purpose.

If you can imagine the combined force of Brene Brown, Elizabeth Gilbert, and Cheryl Strayed. Then add a touch of biker-babe chic. That's Rebel with a cause, [Shelley Paxton!](#) This former Harley-Davidson exec walked away from working with iconic brands to reconnect with her true purpose and deepest desires during a profoundly personal journey. She christened herself as Chief Soul Officer ("CSO") and called it her "soulbbatical." During this period, Shelley embarked on a pilgrimage that not only changed her life, but became her calling. She shares her personal voyage in [SOULBBATICAL: A Corporate Rebel's Guide to Finding Your Best Life](#) (Simon & Schuster's new imprint, Tiller Press; Pub Date: January 2020; \$26.99).

SOULBBATICAL is equal parts memoir, manifesto, and interactive guide. It follows Paxton on a sometimes-harrowing, often-hilarious journey through illness, divorce, addiction, and tragedy. Along the way, Paxton offers readers tools and tips on self-discovery, inviting them to reconnect with their deepest desires so they can live their most authentic, courageous, and purposeful life. SOULBBATICAL isn't one size fits all but it is a way of being that will shift your entire world if you lean into it. And at the heart of Paxton's message is S.O.U.L.—a framework Paxton developed to aid readers in moving from belief to action in their pursuit of truth and authenticity:

- **SHOW UP:** SOULBBATICAL encourages readers to commit to themselves and verbalize the truths they want to manifest in their lives.
- **OWN IT:** It's a call to action/ responsibility, reminding readers that they are the only ones that can manifest their destiny... To be the "CSO" of your life.
- **UNLEASH IT:** This is a challenge for readers to put actions behind their intentions and watch the Universe respond accordingly.
- **LIVE IT:** Readers learn to create healthy boundaries and make choices that serve their calling, even if they don't feel ready. Paxton reminds us, it's time to play big!

**About the author:** As seen in Forbes, ABC, Thrive Global, Inc. and more, Shelley Paxton is a Chicago-based author, international speaker, and transformational coach. She spent 26 years as a highly regarded marketing and advertising executive, stewarding some of the world's most iconic brands, including Harley-Davidson, Visa, McDonald's, and AOL. Most recently, she served as VP, Global Marketing + Brand (CMO) of Harley-Davidson. In 2016 she walked away from the corporate world to become Chief Soul Officer of her life and, ultimately, her own company. She launched Soulbbatical with the desire to liberate the souls of leaders and organizations by inspiring them to embrace their greatest

truth, purpose, and possibility. As a certified professional coach, Shelley works with executives at Fortune 100 companies and fellow rebel-soul individuals and entrepreneurs. She has also trained with some of the top teachers in the world, including researcher and five-time New York Times bestselling author, Brené Brown. Shelley recently launched podcast on the heels of her books success and a portion of her book sales go to the Life Is Priceless Foundation.

Shelley's overall mission is to liberate a billion souls.



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