

## **Amazon #1 Bestseller Self-Help Book, "Roadmap to Ease" Available Now**

Roadmap to Ease: Release What Weighs You Down, Embrace What Lights You Up, Offers a Practical Guide to Finding Inner Peace, Overcoming Anxiety and Embracing What Brings You Joy.

# Roadmap to Ease



Release What Weighs You Down



Embrace What Lights You Up  
e'Layne Kelley

**Saint Petersburg, Florida Oct 1, 2024 ([IssueWire.com](https://www.issuewire.com))** - Internationally acclaimed author, coach, and healing expert E'Layne Kelley is celebrating the success of her Amazon #1 Bestseller, *Roadmap to Ease: Release What Weighs You Down, Embrace What Lights You Up*. Released in July, this transformative self-help and healing book has quickly become a reader favorite, offering practical and inspirational guidance to release emotional burdens and find inner peace and happiness. Combining her expertise in mindfulness with her own life experiences, Kelley's new work is poised to remain a go-to book for anyone looking to overcome anxiety, cultivate joy, and let go of what no longer serves them.

*Roadmap to Ease* is more than just a self-help book—it's a comprehensive journey to self-healing. As a self-healing book, it provides readers with actionable strategies to transform negative thinking patterns, release past traumas, and embrace a lifestyle that nurtures a richer, inner life. With its focus on mindfulness, acceptance, and self-compassion, this book serves as a valuable tool for anyone seeking a book to overcome anxiety, find happiness, or navigate life's complexities with more ease and resilience.

### **A Journey of Transformation: Release What Weighs You Down**

"Writing *Roadmap to Ease* has been a deeply transformative journey for me," shares E'Layne Kelley. "I wanted to create a self-help book that not only reflects my personal experiences but also offers practical guidance that readers can easily integrate into their lives. My hope is that *Roadmap to Ease* serves as a self-healing book that helps readers release what weighs them down and embrace what lights them up."

Filled with simple mindfulness shifts, practical exercises, and daily practices, *Roadmap to Ease* helps readers explore their reactions to daily challenges such as overthinking, impatience, procrastination, and people-pleasing behaviors. The book's approach focuses on helping readers become their own "watchful observer," encouraging them to recognize and transform these patterns into opportunities for personal growth.

### **A Book to Teach You How to Let Go and Find Lasting Peace**

Kelley's *Roadmap to Ease* serves as a beacon for those looking for a self-help and healing book that will guide them through overcoming anxiety, releasing stress, and finding lasting happiness. It is a book to teach you how to let go of what no longer serves you and embrace what brings you peace and joy. As Kelley emphasizes, "Letting go is not about losing—it's about creating space for what truly lights you up."

*Roadmap to Ease* delves into crucial topics, such as:

- **Mindfulness and Presence:** Learn to cultivate awareness and become attuned to your inner state, even in the face of challenging emotions.
- **Releasing Negative Patterns:** Understand what triggers anxiety and emotional turmoil, and find out how to release these patterns through practical exercises.
- **Cultivating Joy and Acceptance:** Discover how to shift your focus from what's weighing you down to what lights you up, creating more room for joy, self-compassion, and inner peace.

## Sneak Peek: Wake Up to Your Watchful Observer

To celebrate the success of her bestselling self-help and healing book, Kelley offers a glimpse into one of the book's core principles: waking up to your *watchful observer*. This principle invites readers to explore their responses to common stressors—such as gossiping, worrying, overthinking, and more—with a sense of curiosity and compassion. By observing these reactions without judgment, *Roadmap to Ease* empowers readers to recognize, understand, and ultimately shift patterns that hinder personal growth.

## Join Thousands Who Have Already Transformed Their Lives

*Roadmap to Ease* has quickly risen to Amazon's #1 Bestseller list, where it continues to resonate with readers seeking a comprehensive guide to self-healing. Whether you're looking for a book to overcome anxiety, a guide to self-healing, or a roadmap to find happiness, *Roadmap to Ease* is a must-read for anyone on a path of personal growth.

Order your copy today on Amazon [Roadmap to Ease: Release What Weighs Your Down - Embrace What Lights You Up: Kelley, e'Layne: 9798991112208: Amazon.com: Books](#) or through E'Layne Kelley's website, [elaynekelley.com](http://elaynekelley.com), and start your journey to release what weighs you down and embrace what lights you up.

### About the Author

E'Layne Kelley is an author, coach, and self-healing advocate dedicated to helping individuals release emotional burdens and find inner peace. Her work draws on decades of experience in mindfulness and personal development, providing accessible tools and practices to support transformative journeys. Through her books, classes, and workshops, Kelley empowers readers and clients to cultivate resilience, happiness, and self-compassion.

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