

Aussie Author Announces the Release of Her Debut Book Reality and Beyond This World

ward-winning Melbourne businesswoman Fiona Failla offers a comprehensive, beginner-friendly approach to self-actualisation.



Melbourne, Victoria Oct 16, 2024 ([Issuewire.com](https://www.issuewire.com)) - Fiona Failla, an esteemed businesswoman and spiritual seeker, is delighted to announce the release of her first book, *Reality and Beyond This World: A Beginner's Guide to Self-Actualisation*. This groundbreaking work aims to help readers demystify complex spiritual concepts and transform their lives.

About *Reality and Beyond This World*

Written by award-winning businesswoman Fiona Failla, [*Reality and Beyond This World: A Beginner's Guide to Self-Actualisation*](#) is the result of her spiritual journey, filled with questions and a thirst for knowledge. Her spiritual quest for answers led her on an extraordinary path of deep learning and self-discovery. Realising the need for a beginner's guide, [Fiona](#) penned her first book, *Reality and Beyond This World*, to demystify complex concepts for those newly awakened to their spiritual journeys. Grounded in both personal experience and scientific research, the book provides easy-to-understand insights into meditation, chakras, ego, dimensions, energy clearing, and more.

A crisis and major turning point in [Fiona Failla's](#) life sparked a quest to transform her life and align with her true self. This powerful purpose led her to write this book, helping others see that there is more to life than meets the eye. Fiona searched for simple answers and a clear understanding of the complexities of spirituality and now shares with readers a trove of knowledge in this simple and easy-to-understand guide.

"In a world where people are sensing a shift and growing curious, I felt there was a need for a book that touched on these spiritual topics without readers feeling overwhelmed or concepts that were polarising or perceived as 'woo-woo.' I am no spiritual guru, but I wanted to provide a guide that offers practical practices and is grounded in scientific research," says Fiona. "It's the perfect book for a friend who's curious about energy, wondering what chakras are, or seeking guidance on meditation—questions of that nature."

In these pages, readers will learn how to meditate, work with their chakras, and even master dimensions and frequencies. They will gain the tools to help heal and let go of past grief, battle their ego, and clear their energy, along with insights into discovering their true purpose and soul contract. *Reality and Beyond This World* is a step-by-step guide, equipping readers with the sense of agency to steer their spiritual journeys, transforming and connecting with themselves and the world around them.

'Knowing that there is more to life is liberating, and being able to do what I want to do is one of the most satisfying things that I could ever ask for in my life,' says [Fiona](#).

A fellow soul traveller, Fiona is dedicated to helping others find their way in a rapidly changing world. Her personal experiences and extensive research have culminated in a book that simplifies spirituality for those newly awakened to their spiritual journeys.

About Fiona Failla

Fiona Failla, an award-winning business woman from Melbourne, grew up within a close-knit Italian family. Overcoming the hurdles of learning English as her second language, Fiona developed a resilient and determined spirit that propelled her to a highly successful business career while raising her family.

Fiona's love for life is richly infused with new adventures and opportunities to grow and always learn. She finds joy in sharing connections with loved ones over a home-cooked meal, travelling the world, collecting crystals, and enjoying nature. Through her book and her life's work, Fiona continues to be of service to others, helping others understand that transformation and connection are within reach for everyone.

Don't let the hustle and bustle of life keep you from the wonders waiting beyond. It's time to awaken your true self and embark on an exciting journey of self-actualisation!

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