

Johanna Sandstrom's Aphrodite's Army Inspires Healing, Self-Discovery, and the Awakening of the Divine Feminine

A soul-stirring story that unites women across continents, generations, and realities.



Tomah, Wisconsin Oct 22, 2025 ([IssueWire.com](https://www.issuewire.com)) - In her compelling debut novel, *Aphrodite's Army*, author **Johanna Sandstrom** weaves a transformative tale of awakening, healing, and self-discovery. Through the journeys of three women from across the globe, Sandström masterfully explores the power of resilience and the divine feminine, reminding readers of the inner strength, wisdom, and voice that dwell within every woman.

The novel follows three women, each in different stages of life and on separate continents, who awaken from the same surreal dream, one that forces them to question everything they know about reality, identity, and purpose. Guided by divine forces and their own inner voices, they embark on transformative journeys to reclaim their power, heal from past wounds, and learn to trust their intuition once more.

Blending elements of mysticism, spirituality, and emotional realism, *Aphrodite's Army* serves as both a mirror and a map for readers walking their own path of rediscovery. It reminds us that the process of healing though often lonely and uncertain can be a sacred journey toward wholeness and self-love.

About the Author

Johanna Sandstrom was born in Sweden and spent her teenage years in Malaysia as an expatriate before moving to China after high school. Now residing once again in Sweden, she draws on her rich international experiences and personal transformation to write stories that resonate with authenticity and soul.

Four years ago, Sandström faced a life-changing crisis following a divorce, a period that tested her spirit but ultimately awakened her inner strength and purpose. Her healing journey inspired *Aphrodite's Army*, a novel that channels her insights into empowerment, spirituality, and self-discovery. Through her writing, she hopes to inspire others to embrace their pain as a pathway to transformation.

What Inspired the Book

Sandström's personal experience with healing and self-growth shaped the heart of *Aphrodite's Army*. "There are two things I learned," she says. "Healing can be difficult to navigate, and it can feel lonely. I wanted to create a story that feels relatable and comforting, where even the divine masters come to life and speak directly to the reader. I wanted women to feel like they're not alone, that they're on this journey together."

Through her prose, Sandstrom gives voice to the divine feminine, weaving guidance, connection, and empowerment into every page.

A Message to My Readers

"Women often forget how powerful we truly are," says Sandström. "Centuries of patriarchal systems and modern-day struggles can make us feel small or insignificant. *Aphrodite's Army* is a reminder that even the smallest choices matter, that every woman has the power to listen to her heart, change her path, and reclaim her voice. You are more important than you might think."

Previous Promotional Activities

- Featured appearance: <https://www.youtube.com/watch?v=vZRusiO9DwQ>
- Attended: **Manila International Book Fair 2025**

Book Details

Title: *Aphrodite's Army*

Author: Johanna Sandstrom

Available on Amazon: <https://www.amazon.co.uk/Aphrodites-Army-Johanna-Sandstrom-ebook/dp/B0FHMZXGXD>

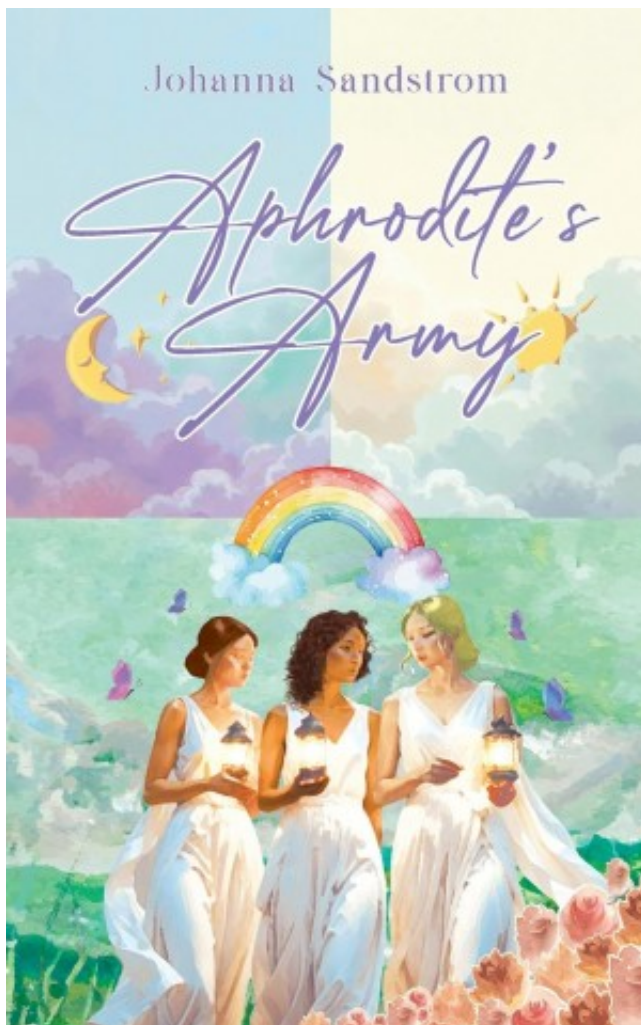
Publisher: Independent

Genre: Spiritual Fiction / Women's Fiction / Self-Discovery

Website: www.johannasandstrom.com

About the Message of the Book

Aphrodite's Army is not just a novel, it's a spiritual call to arms for women everywhere. It invites readers to remember who they are, to embrace their divine energy, and to heal from the inside out. Perfect for fans of empowering fiction, soulful storytelling, and introspective journeys of transformation.



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