

When Being “The Strong One” Becomes Too Much

When the Soul Asks for Change Offers a Gentle Journey Back to Yourself



Nottingham, Nottinghamshire Oct 22, 2026 ([IssueWire.com](https://www.issuewire.com)) - For anyone who spends their days caring for everyone around them while rarely finding a moment to pause and listen to themselves, a new guide by author Alicja Mira offers a quiet space to breathe, reflect, and reconnect with their inner voice.

Titled *When the Soul Asks for Change – Encounter 1: A Gentle Guide to Hearing Yourself Again*, the book explores an experience many people recognise. Whatever our circumstances, age, or background, the constant rush of everyday life, responsibilities, thoughts, and expectations can make it difficult to hear the quiet voice within us.

That voice does not disappear. It continues to whisper beneath the noise of daily life, waiting for us to slow down and listen.

Rather than presenting readers with a long list of self-improvement rules or complicated theories, Mira builds her book around honest, personal conversations between a seeker named Anna and their mentor, Alicja.

Together, they explore the subtle habits that can lead to emotional exhaustion, such as constantly trying to earn love by helping others, feeling guilty for taking five minutes to rest, or believing that stepping away from certain responsibilities means letting everyone down.

As the narrative unfolds, readers follow Anna on a journey to recognise old patterns of thinking, reconnect with their younger self, and choose simplicity over perfection. The book combines gentle, guiding conversations with thoughtful questions that encourage personal reflection. It offers readers of all ages and walks of life space to pause and consider what they truly need in their own lives.

A Message from the Author

“Many of us spend our lives in a constant rush, sometimes smiling on the outside while everyday responsibilities, thoughts, and beliefs make it difficult to hear our own inner voice,” says author Alicja Mira.

“That voice never disappears. Somewhere deep within us, it continues to whisper, but only when we slow down do we give ourselves the chance to truly hear it.

This guide is an invitation to pause, breathe, and realise that you do not have to change your entire life overnight. You simply need to stop constantly putting yourself last.

Because when we allow change within ourselves, we may begin to experience the world around us differently.

And then we may discover something beautiful: the world does not end when we choose ourselves. It begins to make space for us.”

The Heart of the Book

The central message of *When the Soul Asks for Change* is intentionally free from pressure: meaningful change does not have to begin with a dramatic life transformation.

It can begin in small, ordinary moments — saying “no” without feeling the need to explain, enjoying a cup of coffee before it grows cold, or recognising that our own peace matters just as much as the peace

of those around us.

Sometimes, the first step is simply to slow down long enough to hear what has been quietly asking for our attention.

Through Anna's journey, Mira reminds readers that choosing themselves does not mean turning away from the people they love. It means learning to care for themselves with the same kindness and understanding they so often offer to others.

About the Book

When the Soul Asks for Change – Encounter 1: A Gentle Guide to Hearing Yourself Again is written by Alicja Mira and is the first publication in a planned series exploring personal growth, self-discovery, and the journey back to oneself for readers of all ages and backgrounds.

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