

# *Growing You – Your journey inward begins in this place*

By Sarah Williams, Certified Health Coach

## **Publisher's Note**

Millennial author, Sarah Williams, has put her heart and soul into *Growing You – Your journey inward begins at this place*. What an inspiration.

*Growing You* imparts Sarah's ideas on gaining wellness through a holistic perspective, beginning with an exploration of the thoughts we have and the actions that evolve as a result.

The seedbed for this project came from the online course Sarah first created called Grow You. Both the book and the course are valuable life tools on their own, yet the benefits more than double when used together.

*Growing You* is a lovely little pocketbook offering thoughtful reflections, personal exercises, and journal pages for the reader to use to support their process and progress in a way that suits them best.

We're happy to present Sarah's very first publication, celebrating her growth, and that of the reader who embraces her teachings.

Sheri Andrunyk  
Publisher, Author, Speaker, Mentor  
Insightful Communications (I C) Publishing  
Committed to Quality Content, Design, and Platform

Should you be interested in booking our dynamic authors/speakers for your events or media interviews, please feel free to contact the author directly or email us [info@icpublishing.ca](mailto:info@icpublishing.ca).