

Lynn Serafinn, MAED, CPCC

Author and coach who turns up the volume of the music in your heart



Born in Brooklyn, New York in 1955, and now residing in Bedford, England, Lynn Serafinn is a Transformation Coach, book promotion coach, teacher, talk radio show host and author of the bestselling book ***The Garden of the Soul: lessons from four flowers that unearth the Self***. Owing to her long and diverse professional history in the music industry, as well as extensive study of music and spirituality in India, Lynn's writing is lyrical, rhythmic, colourful, highly visual and undeniably metaphoric. She taught music technology for many years, and her creative use of technology in education led her to win the Microsoft UK Innovative Teacher of the Year Award in 2005. Her coaching company Create-a-Life won the Best of Bedford Business Awards, and was voted one of the "Top Ten Most Loved Businesses" in Bedford in 2010. In 2009, she received the Bedfordshire Businesswomen Award for her work within the community to help build a sustainable future. Known as a marketing guru, Lynn is also a campaign manager for mind-body-spirit authors, her most recent successes being her campaigns for Number-1 selling self-help book *Blast Off!* by Allison Maslan, and Number-1 selling spirituality book *Awakened Wisdom* by Patrick Ryan. Her long-term project is an online learning programme for mind-body-spirit authors she created called Spirit Authors. She is the proud mother of a grown daughter, who is also an author with her own publishing company for authors with neurological conditions. Her favourite role is playing "Nana Lynn" to her 4-year-old grandson.

***The Garden of the Soul: lessons from four flowers that unearth the Self* is a book about becoming whole.**

Described as being 'as spiritual as Deepak Chopra and as magical as Paulo Coelho,' ***The Garden of the Soul*** takes the reader on a daring and magical journey through the author's life and imagination. From stage fright and burnout in a classical music conservatory, to life inside an Indian temple, to a 20-year hidden life of domestic violence, to finding inner peace atop an old English footbridge, the book explores birth, death, love, art, spirituality and transformation in an eloquent, poetic and ultimately unforgettable way. It reminds us all that our fundamental need in life is to find and express our authentic voice so we can step fully into the person we were born to be. While gritty enough to grab reality by the horns and present some of the most frequently avoided topics of human experience in a completely transparent and honest fashion, Lynn also shows us a highly crafted writing style that truly pushes the creative envelope for what can be done within the context of a personal memoir, blending it with a magic and unique metaphoric language that speaks directly to the heart. It is a literary work of art that transcends the artistic parameters attainable via personal anecdotes. (ISBN13: 9780755211265)



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<http://spiritauthors.com/contact>

FIND LYNN ON THE WEB

Lynn Serafinn's Cosmic Journey
Blogsite linking to all of Lynn's other sites and projects.

<http://lynnserafinn.com>

Spirit Authors

Membership site providing training, business-building and community for mind-body-spirit authors, both established and aspiring.

<http://spiritauthors.com>

Spirit Authors Coach

Coaching and consulting for mind-body-spirit authors. Online book promotional campaign management.

<http://spiritauthorscoach.com>

Create-a-Life

1-to-1 Transformation Coaching, telecourses and workshops,

<http://create-a-life.co.uk>

Weekly Talk Radio Show

Lynn Serafinn's Garden of the Soul airs every Wednesday at 6pm UK, with a range of inspirational guests.

<http://blogtalkradio.com/Lynn-Serafinn>

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