



LIGHT IS THE NEW BLACK

'A Guide to Answering Your Soul's Callings
and Working Your Light'

By Rebecca Campbell

6 July 2015, £10.99, Hay House UK, paperback & ebook

A guidebook for a new breed of women
who are here to be bright lights in the world.

Rebecca Campbell had her first spiritual awakening when she was a teenager, but without anyone to guide her, she ignored her soul's callings and dimmed her light in order to fit in.

Then, just before her 30th birthday, the life she had so consciously created began to crumble around her. Her 11-year relationship ended, two dear friends died suddenly, and overnight, her fantastic career as an award-winning creative director no longer fit her soul. It was as if the universe turned off all the lights, so she had no choice but to rediscover her own.

In this book, Rebecca guides you to do the same. **In order to thrive in today's world, everything must be an authentic expression of who we truly are.** Rebecca shares her own journey in working her light, alongside practical tools that will help you to answer your soul's callings, and messages that will inspire you to shine brightly.

Come home to yourself and discover your inner light, so that you can use it to change the world in a way that only you can.

Watch book trailer here: www.lightisthenewblack.com

Rebecca Campbell is a writer, spiritual mentor, inspirational speaker, teacher and co-creator of The Spirited Project. Drawing on her experience as an award-winning advertising creative director, Rebecca guides women to courageously answer the unique callings of their soul so they can light up the world with their presence. Originally from the sunny shores of Sydney, Rebecca now lives in London, but you can find her down under most summers getting her salt water and sunshine fix. www.rebeccacampbell.me



For publicity/interview requests, please contact <name> <email> or <phone #>

Please see overleaf for notes for editors and feature ideas.

NOTES FOR EDITORS

- Rebecca is available for one-to-one readings and Skype sessions
- Rebecca hosts monthly meditation sessions and workshops in London's Shoreditch at trendy boutique Celestine Eleven
- She has previously worked on advertising campaigns for some of the world's biggest brands, including Apple, Coca Cola,
- Rebecca landed a coveted job as 'The Skype Nomad' in 2012, where she travelled across 31 cities in 33 days, blogging along the way and sharing her adventures in a column in the Daily Telegraph. She also spent a year of her life painting her way around the world with The Let's Color Project
- Previous clients are available to testify how Rebecca's guidance has positively impacted their lives

FEATURE IDEAS

- How to discover your soul's purpose
- **Forge don't follow** – Why Success will Only Feel Good if You've Paved Your Own Path
- Why it's ok not to have a '5 Year Plan'
- 5 Steps to Get Through Your Quarter Life Crisis/Saturn Returns
- **Finding Your Voice:** How to be Authentic on Social Media
- Quick Tools for when Life is Throwing You Off Balance
- How 10 minutes of meditation per day can change your life dramatically
- **Time to Step Up:** 5 Reasons Why You Need to Start Pursuing Your Dreams, Today
- Why it's important to hit rock bottom
- How to 'go public' about your dreams
- How to Figure Out Your Dream Career
- Why Weird is the New Normal
- How to Create Your Own Personal Brand (+ Why You Need One)
- Using Your 'Vibes' to Get the Life You Desire
- Finding Your Soulmate through Intuition
- How to Cope with Friends Who Drag You Down
- The Extreme Gift of Being Single
- The key to career success? Start before you're ready
- The difference between a career and a calling
- How to create a life that lights you up