

\*\*\*CALENDAR/EVENT LISTING\*\*\*

FOR IMMEDIATE RELEASE

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\*Book signing for Newly Released *Chameleon Butterfly Dragonfly* – A women’s step-by-step guide to find true self, balance, and lasting fulfillment.\*

SAN DIEGO, CA – August 7, 2008 – Soul Shine, a mind body spirit boutique and wellness network is sponsoring a book signing for local author Cindy Silbert’s newly released book: *Chameleon Butterfly Dragonfly; A Divine Guide to Lasting Fulfillment*. In the book, Silbert reveals untouched wisdom to inspire and guide women beyond intermittent happiness toward balance and lasting fulfillment.

“Most women try to find balance through time management or by juggling tasks so their life becomes exactly that, “a time constrained juggling act” says Silbert. “My book guides women to go within, balance their mind, body and spirit--and activate aspects of themselves that enable them to be more productive, balanced and fulfilled than ever before.”

WHAT:

Book Signing with refreshments and talk by author Cindy Silbert introducing the “never before revealed” Divine Feminine archetypes, the Chameleon, Butterfly and Dragonfly.

WHEN:

Day: Wednesday, October 1, 2008

Time: 6:30 p.m. to 8:30 p.m.

WHERE:

Soul Shine™

1217 Camino Del Mar in the heart of Del Mar

Del Mar, California 92014

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#### ABOUT THE BOOK:

In *Chameleon Butterfly Dragonfly* Silbert presents her discovery of three “never before revealed” divine feminine archetypes—the Chameleon, Butterfly and Dragonfly. The archetypes are symbols that harness the emergence of Divine Feminine energy making it available to women in a life enhancing experience. Each of the influential archetypes communicates with women in a different way, guiding toward balance and self discovery of innate characteristics that lead them to fully express their true self and create their destiny. Silbert shares with readers her own encounter with the Divine Feminine and how her discovery of the archetypes, Chameleon, Butterfly and Dragonfly, have guided her to heal an undiagnosed nervous system disorder resulting from her own need for balance.

The Chameleon symbolizes change and is aligned with a woman’s mind. It empowers women’s success in areas such as wealth, career, productivity, and self esteem. The Butterfly symbolizes transformation and is aligned with a woman’s body. It empowers women’s success in areas such as health, relationships, communication and physical attraction. The Dragonfly symbolizes enlightenment and is aligned with a woman’s spirit. It empowers women’s success in areas such as spirituality, intuition, fulfillment and purpose. In this way, Silbert has made the ethereal challenge of balancing the mind, body and spirit more accessible to women.

Through a self-quiz in the book, readers are able to pinpoint their eminent archetype, while gaining insight to unique characteristics for guidance toward self-expression, power and creating or manifesting their destinies and ways to make their mark in the world. The book features famous Chameleons (such as Oprah Winfrey, Hilary Clinton and Anita Roddick), Butterflies (such as Angelina Jolie, Madonna, Audrey Hepburn) and Dragonflies (such as J.K Rowling, Byron Katie and Marianne Williamson), which brings the archetypes to life and allows readers to identify mentors.

*Chameleon Butterfly Dragonfly* is available on Amazon.com and in local bookstores such as Soul Shine.

#### ABOUT the Author, Cindy Silbert:

Cindy Silbert is an Author, Life Coach and Creator of Life Cultivation. Silbert’s gift of intuitive listening is coupled with over 25 years of experience and education in business, marketing, and coaching. Life Cultivation is a fusion of eastern and western practices and transforms your personal and/or business life through one-on-one coaching, books, workshops and online programs. Silbert founded [www.BringUtoLife.com](http://www.BringUtoLife.com) <<http://www.BringUtoLife.com>> and [www.CindySilbert.com](http://www.CindySilbert.com) <<http://www.CindySilbert.com>> to inspire and guide women worldwide to realize full self-expression and lasting fulfillment. Silbert offers a free membership and a monthly e-guide Your Guide to Thrive to members as well as ongoing inspiration, tips and tools.

#### ABOUT the Sponsor, Soul Shine™:

Soul Shine™ exists to educate the community about alternate paths to wellness, to connect people with the very best practitioners in their area, and to provide a caring, supportive environment conducive to cultivating harmony between the mind, body and spirit. In addition to access to the carefully selected network of practitioners, is the chance to be part of a community of like-minded individuals who seek to inspire, nurture and support each other on our collective journey to wellness. Soul Shine™ has created the Soul Shine Wellness Network: a living, breathing community of people who connect and share online and at Soul Shine events, seminars and workshops. The Soul Shine Wellness Boutique offers a wide variety of products from organic skincare and herbal remedies, to hand bags, jewelry and books [www.soulshine.com](http://www.soulshine.com).