



# The Moon Divas Guidebook: Spirited Self-Care for Women in Transition

*Lara Vesta*

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# The Moon Divas Guidebook: Spirited Self-Care for Women in Transition

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## **The Moon Divas Guidebook: Spirited Self-Care for Women in Transition** Lara Vesta

An essential toolkit for women in all stages of life transitions, the Moon Divas Guidebook offers accessible, fun and interactive support. Whether you are changing careers, beginning or ending a relationship, parenting, healing, grieving, birthing, graduating or longing to create your best, most possible life, Lara and Deva have developed self-care and sustenance practices to nurture positive, proactive transformation. PLUS: Art and writing prompts, delicious seasonal recipes, garden remedies, cyclic celebrations, community creation tips and MORE! Lara Vesta, MFA and Deva Munay, CMT are teachers of writing, self-care, ceremony and spiritual practice. This book is born from the Moon Divas workshop series they co-facilitate.

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