Sometimes, we all go through difficult moments in life, crumbling inside, and longing for clarity, direction & love. We find ourselves standing at crossroads, not knowing whether to walk away or try harder. We feel as though we have lost our ability to tap into our deeper instinctual intelligence. That’s when we look for a shoulder to cry on, a friend or a family member to rely on, someone who is willing to listen to our problems empathise, support and encourage us. A heart to heart conversation with them could be our moments of hope, perceptual breakthrough, and awakening.

This book brings out stories of women who sailed safely through such situations embracing life.