

Getting to know the Authors of



Soul Whispers II

Secret Alchemy of the Elements in Soul Coaching



Jenn de Valk ~ British Columbia, Canada

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SWP: Where are you from?

I am originally from Toronto, Ontario but I have lived in British Columbia for 15 years now.

SWP: What do you do to relax and unwind?

To unwind and relax I like to hmmm... have adventures, hug kids and animals, eat chocolate, and be outside

SWP: What brings you the greatest joy in life?

The greatest joy in my life is learning - learning from people I meet, my family, friends.

SWP: What inspired you to write your chapter for Soul Whispers II?

I was inspired to write in this anthology about Soul Coaching because I think it is important to share that people's journeys are not always smooth ones, and that it's okay if it isn't all perfect

SWP: What do you consider the most challenging about writing in general?

For me the most challenging part of writing is rereading what I just wrote. I tend to have many thoughts going on in my brain so when I actually write and the words are down on paper I feel exposed!

SWP: Do you recall how your interest in writing originated?

I began writing in public school. We used to have to write our speeches every year that we would eventually present to the class and sometimes in front of the whole school! I would have so much fun writing them and saw that my classmates actually enjoyed listening.

SWP: Have you developed a specific writing style?

I am most comfortable writing everyday stories and being honest about who I am and what I go through.

SWP: Where do you see yourself in five years?

Where do I see myself in 5 years - I think I see myself with land, and having cows, chickens, a couple piggies - and a great space to host teachers of all kinds, a space to help people and also to pursue writing wherever it may take me:)

SWP: Who is your favorite author and why?

As for books I love memoirs. In my early twenties I read Canadian writer Sharon Butala's *Perfection of The Morning* and her honest, vivid story telling has really stuck with me.

SWP: If you could leave your readers with one bit of wisdom, what would you want it to be?

One bit of wisdom I would like to leave the readers is to be kind to yourself. Believe in your abilities on all levels.

SWP: Where can we purchase the book?

You can order the book through my website www.twobeets.ca or email me at jenn@twobeets.ca