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For Immediate Release

**THE ART OF CHILLING OUT FOR WOMEN
100+ Ways to Replace Worry and Stress with
Spiritual Healing, Self-Care, and Self-Love**

By Angela D. Coleman a

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“Angela speaks candidly about the need for holistic wellness for women in order to truly renew your mind, body, and spirit. Best of all, she outlines in detail 100+ simple methods to deeply relax and heal alongside specific instruction on how to incorporate gemstones, herbs, scents, and feng shui methods into your routines.”

– Leah D’Sa, editor of **THE ART OF CHILLING OUT FOR WOMEN**

**ANXIOUS? OVERWORKED? BURNED OUT? NEW BOOK
HELPS WOMEN TRANSFORM FROM STRESSED-OUT WORRIER
TO RELAXATION WARRIOR**

**THE ART OF CHILLING OUT FOR WOMEN by Angela D. Coleman Provides
101 Practical Tips For Beating Burnout And Embracing Personal Well-Being**

Feeling anxious? Overworked? Burned out? “If this sounds like you, you are not alone. In a world where women are more worn out than ever before, this stress can lead to serious mental and physical consequences. To break this vicious cycle, you need to learn to relax . . . and chill out,” writes Angela D. Coleman in her new book, **THE ART OF CHILLING OUT FOR WOMEN: 100+ Ways to Replace Worry and Stress with Spiritual Healing, Self-Care, and Self-Love** (Adams Media, April 4, 2023).

A holistic health expert with training in clinical psychology, trauma, and natural well-being, Coleman, founder of Sisterhood Agenda, draws on wisdom and practices from around the world to present 101 tips women can use to release tension and *chill out*. “When you focus on self-care, you give yourself permission to stop trying to be Superwoman,” she says.

More

Coleman's approach is holistic – understanding not only how your job, home life, and relationships influence one another, but also how your body, mind, and spirit interact. By focusing on each in turn, she provides dozens of concrete approaches to self-care.

Body – “Anxiety makes your heart beat faster, and you might start to sweat. A stressful event might trigger a headache,” writes Coleman. She explains how to read your “body barometers;” take back your energy; use natural healing; and soothe yourself. Her “prescriptions” include: doing a daily body check-in to see how you feel; scheduling “me” time in your calendar at the beginning of every day; using candles with scents you enjoy; and filling your work and personal spaces with plants and flowers.

Mind – “Your mind is a great asset in helping you undo false narratives and change how you move forward,” says Coleman. Her focus in this section is on how to stop living in chaos, accept change, let go of the past, overcome blind spots, and use your mind to achieve things that you may not have thought possible. Her tips for chilling out the mind include: recognize other people's drama as a distraction so you can ignore it; remember that setbacks are not failures but a natural part of your learning curve; make a detailed plan to reclaim your time and energy spent taking care of others; and overcome blind spots by using more objective measures to supplement your own analysis.

Spirit – “Chilling out promotes realignment with your spiritual self by providing space between you and your activities,” the author explains. She addresses how to reconnect with your Spirit, encouraging you to let go of baggage (physical, mental and psychic) and make choices that feed your soul without guilt, feelings of self-indulgence, or “Fear of Missing Out.” Her advice includes: visualize and practice erecting a “force field” when navigating unknown situations and negative people; focus on what you are grateful for; journal to increase knowledge of yourself; and start each day with a meditation for inner peace, and then take notes and notice how you show up when you have it.

Each of Coleman's tips includes an affirmation – a positive statement aimed to help ground you in reality and provide perspective – such as “Every day, I relax my mind, body, and spirit, allowing my healing energy to work its magic” or “I am grateful for the wonderful things in my life; joy radiates within me.”

Every section also contains a “Call to Action” – a simple yet significant behavioral shift that will help you slow down and increase your overall well-being. Calls to action include such activities as noticing how your body feels when you are stressed or identifying a special location where you can go to relax and heal every day.

Coleman also shows how herbs, scents, gemstones, and the principles of Feng shui align with each tip. For example, she recommends that “for optimal feng shui balance and harmony, use earth colors yellow, orange, and tan to ground yourself; add more earth elements like potted plants for self-care and boundaries.”

THE ART OF CHILLING OUT FOR WOMEN is unique in its thoroughness, thoughtfulness, and pervasive sense of peace and well-being. Angela Coleman provides compassionate guidance, helping women everywhere learn to prioritize themselves and transform “from a stressed-out worriers to a relaxation warriors.”

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ABOUT THE AUTHOR

ANGELA D. COLEMAN, author of **THE ART OF CHILLING OUT FOR WOMEN**, is a holistic health expert who founded the global nonprofit [Sisterhood Agenda](#) in 1994 and later the for-profit business, Sisterhood Agenda Enterprises, LLC.

Coleman is the author of more than twenty books, including *Girls Guide: How To Relax and Let Go*; *Girls Guide: How To Be Like Michelle Obama*; and *Girls Guide: How to Lose Weight Fast & Forever*.

She grew up in Newark, New Jersey, graduating cum laude from Princeton University with an AB degree in psychology and African American studies. She was awarded the Student Achievement Award in Feminist Scholarship and the American Psychological Association Minority Undergraduate Student of Excellence Award.

Coleman later studied clinical psychology at Howard University, earned a degree in nonprofit management from Duke University, and received an MBA from the University of Phoenix. She holds certifications in trauma, psychological first aid, suicide prevention, and African holistic health. She divides her time between homes near Baltimore, Maryland and St. John, Virgin Islands. For more information, visit: www.angeladcoleman.com.