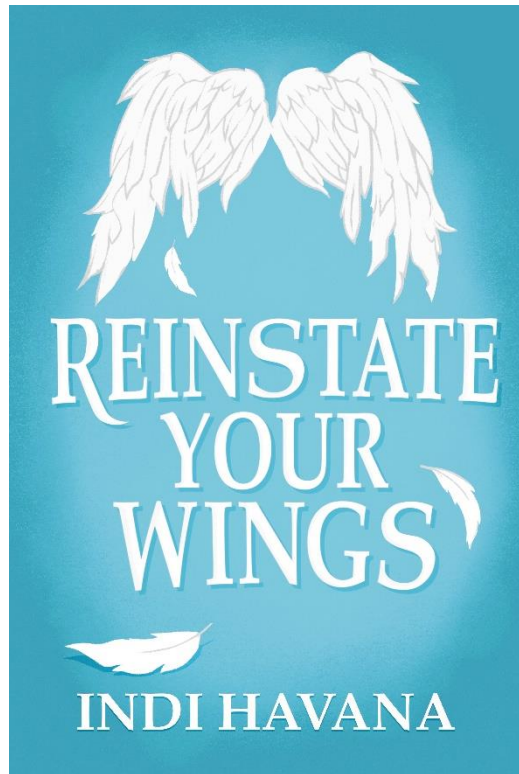


REINSTATE YOUR WINGS

INDI HAVANA



INDI HAVANA HAS A PASSION FOR FITNESS AND WELLNESS AND ENCOURAGES PEOPLE TO SUCCEED WITH THEIR GOALS IN LIFE.

She offers her wealth of knowledge through fitness sessions and wellness/holistic coaching. After opening up her own business, she endured a very difficult couple of years involving an abusive partnership with a narcissist.

Indi believes everything happens for us rather than to us.

Indi has learnt how to get through many a dark ordeal and as a mother she would not let anyone mentally and verbally abuse her ever again.

Indi embraces and shares her experience in a whirlwind business venture that turns dark when she discovers that she had literally been taken for a ride by her malicious business partner.

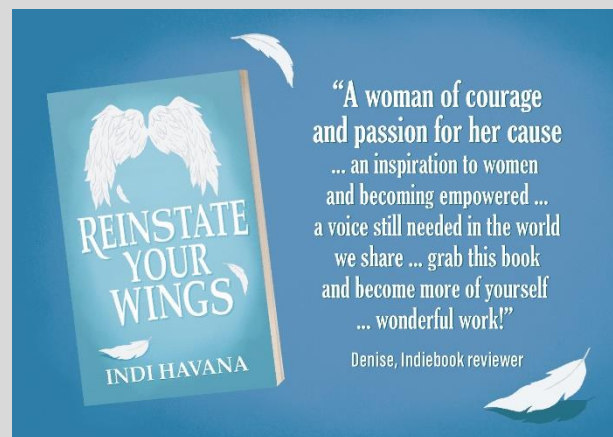
She shares her story of being empowered through her ordeal and how she stayed one step ahead to survive against seemingly overwhelming odds.

She is aware that we are all on our own path and every person's is different to others because only we can create our own destiny. Through her awareness, Indi reminds us to stay in your own lane and amazing things will appear for you.

Indi has now gone on to empower and inspire woman to be the most inspired versions that they desire.

ISBN	9781922850058
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Genre	Self Help, Family, Relationships, Memoir
Format	Paperback
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Publisher contact: Bradley Shaw
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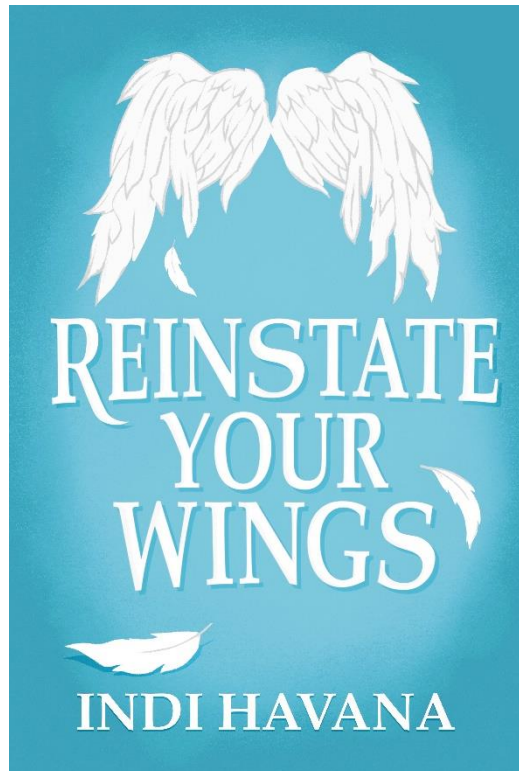
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REINSTATE YOUR WINGS

INDI HAVANA



A CONVERSATION WITH THE AUTHOR

WHY DID YOU WRITE 'REINSTATE YOUR WINGS'? WHAT WERE YOUR INSPIRATIONS?

I wrote this book to empower Woman and Men that may be enduring hard times in their lives and need encouragement and wisdom to find their wings and fly.

WHAT WAS THE BIGGEST CHALLENGE WHEN WRITING THE BOOK?

Re-living scenes where I never wanted to think about again but knew by re-living them, I can help others.

HOW DO YOU SELECT THE NAMES OF YOUR CHARACTERS?

I spent a lot of time here as there was a lot of name changes. When I went back over my book, I felt that name that I had originally chosen wasn't aligning with me so I would change it and have a play around with other names.

IF YOU DIDN'T WRITE, WHAT WOULD YOU DO?

I would still be a Soul, Body Coach as I wrote this book as part of my healing from what I endured and really wanted to share my story so I can help people that may be going through dark times in their life and guide them back on track for what they came here for.

WHAT PERIOD OF YOUR LIFE DO YOU FIND YOU WRITE ABOUT MOST OFTEN?

I find I blog when I'm going through wounding times or have just faced a challenge that was quite dark, and I want to then share my perspective on what I've learnt from that obstacle and come through shining my light even brighter.

DO YOU HIDE ANY SECRETS IN YOUR BOOKS THAT ONLY A FEW PEOPLE WILL FIND?

People who have been alongside my journey with me will know what I'm talking about on certain chapters.

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