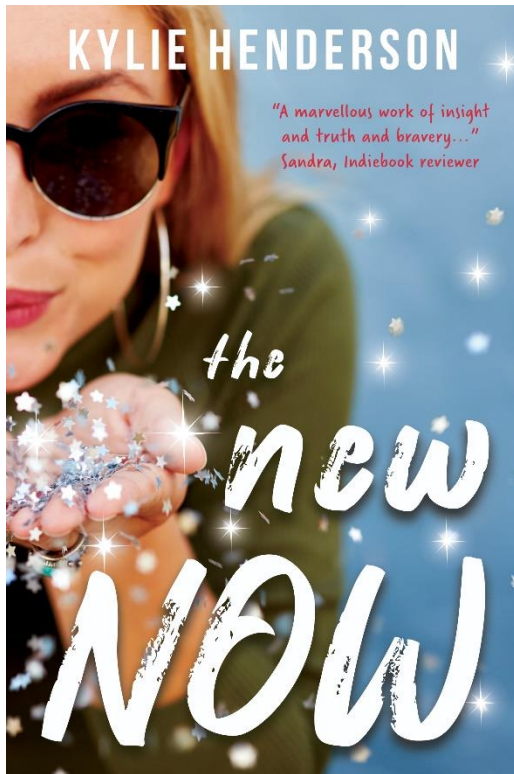


# the new NOW

KYLIE HENDERSON



## **FREEDOM IS HERE. WELCOME TO THE NEW NOW.**

Born from the struggle for more, for freedom and holistic health, Kylie Henderson explores the questions we all have about 'The Journey'.

*The New Now* follows her quest to normalise spirituality and fill life with practical light bulb moments and provide activations for readers to engage with.

It is an inner journey, one that gives permission to walk into the unknown...

It is also an outer journey filled by opportunities for gratitude, kindness, healing, and empowerment...

*The New Now* contains a new way of being human in the ever-changing and often unpredictable landscape of this wide unknown world.

Filled with a combination of life stories and ancient revelations, it is an easy-to-read explanation of people who navigate the battle between mind, body and spirit to make space for more...

Filled with real life narrative of Kylie's extraordinary life, *The New Now* will inspire and challenge you to step beyond fears and to engage with your spirit to begin a life beyond your greatest dreams, to live the full adventure of life as it was intended to be for each of us...

***We are limited only by our mind. Get ready to be free of all things you know and find the new now you wish for...***



## **AUTHOR BIO**

Kylie is a creator, artist, songwriter, author and lover of the great outdoors. She and her beautiful husband Sean have two amazing sons Sam and Josh and together have nurtured a passion in life for all things adventure. This passion for more has taken Kylie on a crazy spiritual journey, one of which she shares within the pages of this insightful and inspiring book. She is a passionate lover of God on a quest to tap into the fullness of what a relationship with the Creator of all creation looks like. We are all amateurs as we walk these unknown pathways into the future. It's so exciting to have you on board.

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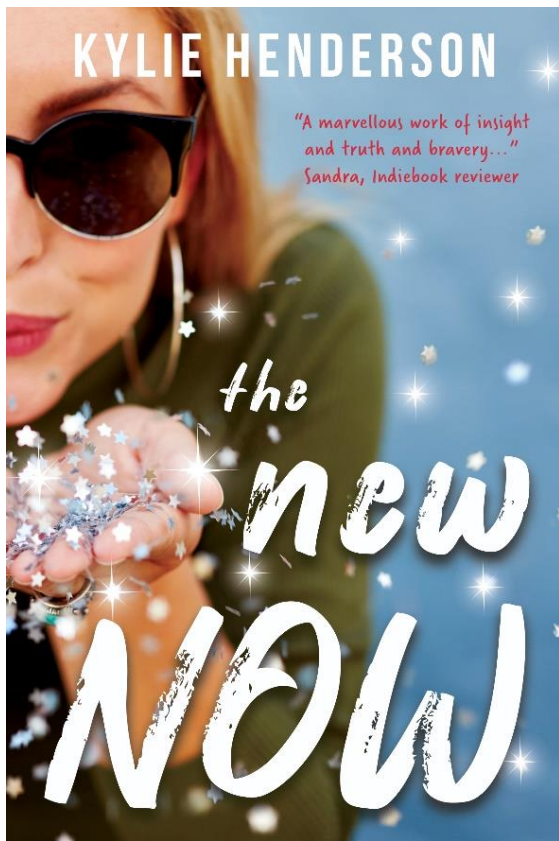
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## A CONVERSATION WITH THE AUTHOR

### WHY DID YOU WRITE 'THE NEW NOW'? WHAT WERE YOUR INSPIRATIONS?

*There are so many ways to live our lives, so many examples of how we can learn to love ourselves and to love one another. How we can help our planet, how we can be better people and how this all boils down to embracing our own unique journeys and our own unique selves. I wanted to see more people encouraged through the everyday encounters I have had, but also to challenge the status quo by sharing not just the walk that others see but to share my inner journey. I am inspired by people who are living their authentic selves, that love others without conditions or expectation and that have overcome the everydayness that seems to shroud so many people's lives and have embraced the fullness of who they were created to be. The ordinary that is extraordinary. Lovers of humanity and restorers of the broken places.*

### WHAT DREW YOU TO THE SUBJECT MATTER OR THE CHARACTERS?

*When I first began writing my book, I wanted to look scholarly and wise so I began to compile information that might back up all the things that I was saying. However, as this went on, I had an urge that just would not go away, to just strip it down. Like skinny dipping, it was scary, what if someone saw me naked, bearing it all, there was nowhere to go, nowhere to hide. How would I explain myself if I did not have all the answers, if I was not all dressed up sounding wise and looking fine? But this way is where the peace is, because my book is intended to be questionable and by that, I mean it should encourage people to ask questions. When I was in my 20's, I didn't ask questions because I already knew everything, but as I have grown older and I would like to think wiser, I have asked more and more questions and now realise that I know even less than I ever have before. It's a book for the everyday lovers of people and planet who want to engage with more. I didn't want to fill it so full of proof and research that it removed the very pieces, the very places that makes it accessible for all.*

### WHAT ARE YOUR PLANS FOR YOUR FUTURE BOOKS?

*I am currently working on a 365-day Journal that has daily meditations and activations for everyday living. It compliments and is an extension of those things I talk about in 'The New Now'.*

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