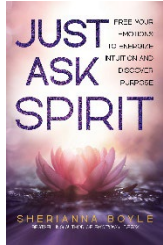


FOR IMMEDIATE RELEASE

Discover the Profound Relationship Between Mental Health and Spirituality



BOCA RATON, Florida, Jan. 13, 2025 — Spirit is pure source energy, untarnished by restrictive, limited beliefs, judgment, thoughts, or attitudes, explains Sherianna Boyle, a psychic healer and coach since 2002.

“Spirit is also inextricably linked to our very earthly human emotions. When we block, control, or constrict our emotions, we in turn prohibit the innate wisdom of Spirit to help and heal us,” Boyle said. “Instead, imagine a mindful practice, one that could allow us to receive healing, guidance, wisdom, clarity, and reassurance anytime we need it.”

Boyle, the bestselling author of *Emotional Detox* and host of the popular podcast *Just Ask Spirit*, knows this is what is possible when emotions and spirit unify.

In her new book, *Just Ask Spirit: Free Your Emotions to Energize Intuition and Discover Purpose*, readers will discover how asking Spirit connects with psychology and the science of emotions. Using her easily accessible, tried-and-true Cleanse system to process emotions, readers will learn how to fully receive Spirit, and grow in relationship with it, activating healing and clarity. Through helpful exercises, readers can acquire tools and techniques that they can apply to all aspects of their lives, giving them an inner roadmap for building resiliency, overcoming obstacles, and developing intuition.

"In *Just Ask Spirit*, I invite readers to reconnect with the light of Spirit through the power of emotional processing," Boyle said. "This journey empowers them to navigate life with grace and spiritual alignment while discovering just how powerful they truly are."

Just Ask Spirit: Free Your Emotions to Energize Intuition and Discover Purpose

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Reviews, photos, links to previous interviews and Q&As are available upon request.

About the Author



Sherianna Boyle is an international bestselling author of numerous books, including the breakout, critically acclaimed bestseller *Emotional Detox: 7 Steps to Releasing Toxicity and Energize Joy*, which was named one of the “10 Life-Changing Self-Help Books Every Woman

Should Read” by *Parade* magazine. She produces courses and audio programs that cover every aspect of mind, body, and spirit, and her groundbreaking books blend psychology and energy healing through practical and spiritual approaches that produce dynamic results. Boyle is a frequent workshop presenter at renowned health and wellness retreat centers, including Kripalu Yoga & Health Center. She is the founder of Emotional Detox Coaching and the *Just Ask Spirit* podcast. Find her at sheriannaboyle.com.

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Just Ask Spirit

by Sherianna Boyle
Sample Media Questions

Learn how emotions help you develop your intuition and psychic senses.

1. Why did you write this book?
2. What do you mean when you say emotional processing?
3. What do you mean by Spirit?
4. In the book, you mention your motto, is to *Feel First, Then Ask*, can you tell us what you mean by that?
5. What are the seven steps for Asking Spirit?
6. What is your hope for this book?
7. In this book you discuss two pathways, The Elements and The Archangels, can you share a bit about that?
8. In the final chapter, before you get into Part Three you provide fifty-seven questions you can ask your guides, spiritual team. Can you share one of them with us here?
9. I know you talk about emotional processing as an important step for Asking Spirit but what else do you feel is important?
10. Finally, any stories you can share about Asking Spirit that would help our listeners understand the benefits?