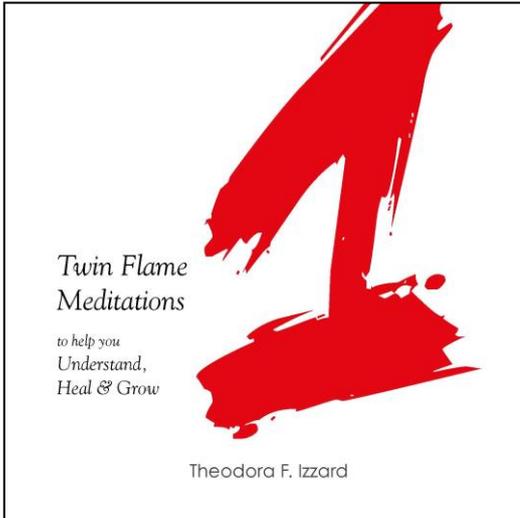


NEW BOOK PRESS RELEASE FROM THE CHOIR PRESS

Through beautiful words and evocative images, this exploration of the currently-trending Twin Flame phenomenon expresses the life-changing impact of meeting one's very own Twin Flame

PUBLICATION DATE: 11th FEBRUARY 2019 – A PERFECT GIFT FOR VALENTINE'S DAY



1 *Twin Flame Meditations*

to help you
Understand, Heal & Grow

by Theodora F. Izzard

“The first time I looked into your eyes I felt my soul awoken and the universe as I knew it melted into insignificance”



ISBN: 978 1 78963 040 4 Paperback 60 pages 22 photos

Published by The Choir Press February 2019 RRP: £8.99

Available through: all good bookshops and internet booksellers.

(Also available as an ebook)

As the Twin Flame concept takes the internet by storm this book offers Twin Flame insights and inspiration Theodora F. Izzard's **'1'** is a beautiful book of Twin Flame meditations and photographs which will strike a chord with anyone who is already in a Twin Flame relationship or is looking for their ultimate soul mate.

Twin Flames are on the lips of pop stars (eg: J Lo) and princesses (eg: Sarah Fergusson described Princess Eugenie and Jack Brooksbank as Twin Flames). Twin Flame influencers have many thousands of followers and there is increasing media interest in this ancient concept. Until now, books on the subject have fallen into the niche category of 'spirituality' however Theodora F. Izzard's book **'1'** (based in her own Twin Flame experience) at last bridges the gap between spiritual and urban living – making Twin Flames a mainstream meme, accessible to all.

'1 – Twin Flame Meditations to help you Understand, Heal & Grow' is a unique book that will help readers explore the social-media-trending phenomenon of Twin Flames within the context of their own relationships. **'1'** expresses the enormous, life-changing impact of how it truly feels to meet your own Twin Flame. **'1'** will help readers reach a place of understanding and acceptance while attaining the clarity they seek to move forward with, *or without*, their Twin Flame.

'1' outlines the concept of Twin Flames, the purpose of a Twin Flame encounter and journey, and how the pursuit of Twin Flame union can help anyone achieve greater happiness. Theodora F. Izzard's words and images offer a touchstone to your own feelings for another person and an affirmation of love for yourself. It will make readers think and feel, connect and love, cry and smile.



'1' is for long-term Twin Flames and those new to Twin Flames; for people who are in love or looking for love; for people who have experienced intense, turbulent relationships and for those whose relationship lifts them up and made them feel safe.

Author, Theodora F. Izzard says: **'1'** is based on my own Twin Flame experience, starting from a position where I didn't value myself to gradually learning self-love and to understand who I am and what I want from life. **'1'** captures my journey in a way that enables others to understand their own relationships, with themselves and others. My aim is to give readers some peace in the bustle of daily life, time to stop and listen to their own voice and to feel some love.' (Author photo credit: Alice Jaux Photography)

Local UK interest: Theodora F. Izzard grew up in London before moving to **Tunbridge Wells, Kent**. She was educated at Kent College before studying International Relations at **The University of Keele, Staffordshire**. The evocative photographs in **'1'** were all taken by the author at places with resonances for her own Twin Flame journey, including: **Kent:** Wateringbury; Dunorlan Park, Tunbridge Wells; Brenchley Woods. **East Sussex:** Camber Sands Beach, Rye; Ashdown Forest; Bodiam. **London:** Tobacco Docks. **Media opportunities:** Sample pages/review copies available on request. Extracts/serialisation. The author is available for interviews.



To request sample pages or a review copy – or to be put in touch with the author – please contact:

Elly Donovan PR elly@ellydonovan.co.uk tel: 0790 508 7779 / 01273 205 246 www.ellydonovan.co.uk

twitter: @EllyDonovanPR facebook.com/EllyDonovan Linked-In: Elly Donovan PR