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Tranquilista: Mastering the Art of Enlightened Work and Mindful Play

By Kimberly Wilson

New World Library. Paperback. Book Condition: new. BRAND NEW, Tranquilista: Mastering the Art of Enlightened Work and Mindful Play, Kimberly Wilson, Kimberly Wilson is a combination of Martha Stewart, Jennifer Loudon, and the Skinny Bitches. She's got it all, and she delivers it here for women: social consciousness; a green, sustainable approach; proven techniques for discovering and establishing your perfect business or career; methods for taking care of yourself such as yoga, meditation, and decadent indulgences; and connecting to other like-minded women (and men) to build a supportive and fun network. Tranquilista takes the reader through eight stages that will assist her in living a life full of extravagance yet grounded in mindfulness. With plenty of exercises and self-tests along the way, the book can serve as a practical guide to any woman starting a business, changing careers, or seeking fulfillment through work and play. Thus, the concept of tranquilista was born. This innovative approach shows the spiritual femme how to fuse her practice with a chic and creative lifestyle while building a brand and business. It blends mind and body philosophy, creativity, and entrepreneurship with flair.



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