



# Tranquilista

*Kimberly Wilson*

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## **Tranquilista** Kimberly Wilson

Balance, bliss, and beauty? Social- and style-consciousness? Yes, we can, shows Kimberly Wilson in this new kind of guide for a new era of hope and change. Whimsically titled sections (Mix Mindfulness, Bake in Beauty, Decorate with Sprinkles) outline an 8-step path lived and learned by the author. Wilson highlights spirituality as a foundation, creative individual expression, and an entrepreneurial approach to everything from homemaking to brand building. Her step-by-step exercises and to-do's cover everything from meditation, setting goals, and living green to launching a nonprofit or product and personal style. Wilson's aim throughout is to help each reader realize — and revel in — her unique potential to make a splash and make a difference.

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