



The Moon Divas Guidebook: Spirited Self-Care for Women in Transition

Lara Vesta

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An essential toolkit for women in all stages of life transitions, the Moon Divas Guidebook offers accessible, fun and interactive support. Whether you are changing careers, beginning or ending a relationship, parenting, healing, grieving, birthing, graduating or longing to create your best, most possible life, Lara and Deva have developed self-care and sustenance practices to nurture positive, proactive transformation. PLUS: Art and writing prompts, delicious seasonal recipes, garden remedies, cyclic celebrations, community creation tips and MORE! Lara Vesta, MFA and Deva Munay, CMT are teachers of writing, self-care, ceremony and spiritual practice. This book is born from the Moon Divas workshop series they co-facilitate.

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