

Abundant Soul-utions: A Mompreneur's Guide to Manifesting Success through Self-Care

Chris Atley

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Abundant Soul-utions is a soulful self-help book that encourages self-care and delivers practical wisdom about changing one's lifestyle for the better.

Chris Atley's self-help guide *Abundant Soul-utions* suggests that entrepreneurs can cocreate love with the universe.

Directed at fellow entrepreneurs who feel taxed by a compulsion to have it all and who want relief from such expectations, this book builds its authority based on personal experience. Atley admits that she, too, stands in such ranks, but says that she found the stress that came from trying to meet worldly expectations was too much. Following a pivotal, upsetting experience, she was prompted to rethink her goals and to trade her successful career in insurance for a life-coaching business.

Intimate and conversational, the book tackles concepts including core beliefs, "tolerations" or compromises with higher values, and setting boundaries. It draws on case studies and spiritual exercises to share advice for decluttering, defining one's goals, and pursuing forgiveness. At all times, it uses the examples of Atley's own successes and failures to redefine what it means to "have it all."

The book's layout is methodical; its coaching is delivered in a sequential format, with chapters that build on one another. With convincing guidance on rethinking one's habits and belief systems and replacing them with new self-care habits that are more in tune with the universe, the book shares coaching exercises at the end of each chapter. Internally, the chapters unpack such exercises, which often involve movement and sensory engagement, illustrating how doing work like identifying and healing one's personal grudges makes room for positive growth. Its work is aimed at businesswomen in particular, though its central message—that self-care makes space for improvement—also has general resonance.

To connect with a general audience, the book makes references to books and movies; however, it also directs attention to Atley's website, becoming sales-pitch in tone and undermining its alternative read on "hustling." Further, its intentional informality leads to instances of jumbled verbiage that undermine its general presentation. Still, its transparent explanations of spiritual terms reveal the scientific underpinnings of soul-care, making it appealing for skeptics too.

Self-care isn't a luxury, Atley says; it's a necessity, though one that requires sustained effort and intention. *Abundant Soul-utions* is a soulful self-help book that encourages such self-care, delivering practical wisdom about changing one's lifestyle for the better.

MARI CARLSON (March 27, 2023)

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