



Inspirational Spa: From the Womb of the Morning

Nettie Millard

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Inspirational Spa: From the Womb of the Morning is an innovative book of self-empowerment that invokes an invigorating spa experience through uplifting poetry and incorporates self-reflection through journaling. Author Nettie Millard is a speaker and teacher who specializes in helping individuals learn and develop through self-awareness and self-appreciation. With a lifelong appreciation for poetry, she has experienced how her soulful, timeless poetry can encourage and empower others, especially when infused with her Christian faith.

Making use of spa terminology, her poems are imaginatively arranged by theme. For a full body massage, you will read poems of faith and resilience. For deep tissue massage, you receive energizing words of positive action. Poems celebrating milestones in life relate to a hot stone massage, whereas introspective poetry represents a facial massage. Each section closes with a reflection exercise to help you rewind and reset your goals, encouraging you to translate your inspiration into action.

Integrated throughout the book is the title theme, "From the Womb of the Morning," which emphasizes the importance of embracing each new day with refreshed insight, vision, and strength to overcome challenges and realize your hopes and dreams.

This unique treasure is designed to be revisited again and again as you navigate the challenges of life.

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