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WORKBOOK AND WORKSHOPS FOR WOMEN USING LEFT AND RIGHT BRAIN PRACTICES

TO CREATE YOUR LIFE'S WORK!

Healdsburg, CA, January 2009: Heart of the Visionary is an illustrated workbook designed to empower women to create a business or project in alignment with their personal values and inspirations.

Innovative artist and writer, Shiloh McCloud, famous for the healing power of her illustrated journals, her vibrant paintings, and teachings on the practice of creativity, collaborates with 22 other visionaries to publish a revolutionary workbook that guides women to plan and realize their life work objectives using both traditional and visionary teachings. The two-day workshops are based on the book and the next one is January 31st and February 1st.

The research for this book is based on over a decade of Shiloh's working with thousands of women. Shiloh has previously published five journal/workbooks that are widely used by tens of thousands of women as a tool for transformation through intentional creativity.

Originally conceived as tools for therapists, they are being used by cancer survivor groups (Toledo Hospital), in women's recovery programs (Pine Grove), as curriculum in school programs (Institute For Transpersonal Psychology and California Institute of Integral Studies and Mt. St. Mary's), Aids Survivor Circles (Foothills Aids Foundation), and Native American Circles (Daughters of Tradition), in women's prisons, and girl's educational programs.

The publisher, Cosmic Cowgirls Ink, LLC is the member owned company Shiloh founded to publish her work and to collaborate with others in sharing their wisdom. Their first book, "Heart of the Visionary," includes writings ranging from Harley driving business execs to fashion designers to stay at home mom entrepreneurs, as well as best selling author, SARK, and includes articles by Alice Walker and Jean Shinoda Bolen.

This workbook leads women on a journey towards their life work using the lens of creativity, right and left-brain practices, and do-it-yourself step-by-step action plans. Author Shiloh McCloud says: "This is all someone would need to be inspired and get started. I wanted to create a business know-how workbook for women who are starting or wanting to improve their business. Most of all, I want women to see that they CAN do business, and that they CAN do it from the heart."

If you would like more information about the journal and workshops or to interview Shiloh McCloud please call or e-mail. Learn more about

Cosmic Cowgirls: <http://www.cosmiccowgirl.com>. Or about Shiloh McCloud: <http://www.shilohsophia.com>

10% of the profits for each book are to be gifted to Girls Inc. <http://www.girlsinc.org> and Women's Initiative <http://www.womensinitiative.org>