

Emotional Wellbeing Expert hits Amazon No 1 slot with new book Ignite Your Female Leadership

Her award winning self-help book *Reset! A Blueprint for a Better Life* was published September 2018 and *Ignite Your Life for Women* on 16 May 2019.

NEWARK ON TRENT ,
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/EINPresswire.com/ -- Advanced Rapid Transformational Therapist Rosalyn Palmer is co editor in [Ignite Your Female Leadership](#) that went to No.1 on Amazon (Kindle version) in the Business Book category in three countries (USA, UK, Germany) within three days of its launch on July 5 2019. She is also a contributor to the Amazon No.1 (Personal Transformation and Spirituality sectors) bestseller [Ignite Your Life for Women](#) that launched on 16 May. This is the third book for Palmer in less than a year. Her award winning self-help book [Reset! A Blueprint for a Better Life](#) was published September 2018.



Ignite Your Life Bestseller Rosalyn Palmer

Palmer's chapter in *Ignite Your Female Leadership* is first in the book after that of the publisher.

“

All that I need is already within me”

Rosalyn Palmer

It is entitled: Lead from your heart; inspire from your actions. It has the stated intention of: “I’m sharing with you what I now know to be true: your authentic value is the glue that holds you, and others, together. Leadership is having the vision to know when, and where, to apply that glue and the courage to do so. Then its in reapplying that

glue and holding the center, the truth, the love and the decency together. Always”. Her story covers the years from growing up above her parent’s grocery shop, an attack in a car park by the

UK's biggest serial rapist, PR success, loss, reinvention in Charity Marketing and training as a therapist.

Palmer has found that a 30 year background in PR/Marketing/Journalism now lends itself well to her writing on the topic of Emotional Wellbeing. She is also the wellbeing expert on the Girls Around Town Radio show on Radio Newark and for weekly newspaper The Newark Advertiser plus a regular guest on podcasts and other blogs as she is able to express powerful truths and understanding about mental health issues in an accesible way.

Ignite Your Female Leadership is the vision of JB Owen, an international businesswoman passionate about inspiring women to believe in their dreams and become the fullest expression of themselves. She has created the Igniteyou.life platform to support authors in sharing their true-life stories and share an "IGNITE" moment that catapulted them forward into a leadership role in their lives. She says: "A true female leader uses her leadership skills in the mental, emotional and physiological support of others. They don't use full grit and guts as their only leadership style. Female leaders dive deep into the internal structures that make us who we are. They factor in the person, the atmosphere, and all the variable to do their best so everyone is served. They guide with a gentler hand. Push less and encourage more. They battle for the cause not the individual and set aside their personal needs to serve a higher purpose."

The Ignite You books feature stories from 35 women worldwide. The reader will discover powerful "ignite" moments themselves and feel motivated to take action. Each book includes action steps from each author of the tangible things they did to skyrocket their success. It



Rosalyn Palmer courtesy of Ursula Kelly photo

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ROSALYN PALMER

"Lead from your heart. Inspire from your actions."

I'm sharing with you what I now know to be true: your authentic value is the glue that holds you, and others, together. Leadership is having the vision to know when, and where, to apply that glue and the courage to do so. Then, it's in reapplying that glue and holding the centre, the truth, the love and the decency together – always.

AWAKENING MY LEADERSHIP DNA

It was the anger that took over; something pure that tapped into a primal instinct for survival. "Now you have ruined my new dress, you bastard!" I had chosen my best summer dress. The multi-coloured flowers suited the sunny June weather; its gaiety reflected my mood. I was in my hometown, to meet important sponsors for the Theatre production launching that evening. My parents were invited to the after-show party. My generous boss assigned them front row seats. I took to my job like a duck to water as I loved the theatre and adored working in St James's Square in the heart of London.

So the chance to take one of our successful London productions on a nationwide tour was thrilling. Yet, here I was on the cement floor of a multi-story car park, covered in petrol and grime and fighting for my life at 2:30 PM on a midweek afternoon.

The man spring out as I opened my car door to go to the pay machine. He was huge and pushed me down into the passenger seat footwell. As he

Rosalyn Palmer in Ignite Your Female Leadership

motivates the reader to take action and accomplish long-cherished dreams. Palmer is the sole UK contributor to the Leadership edition.

Says Palmer: "Ignite moments are those life-altering moments of decision we remember profoundly, yet recognise their impact only after becoming consciously aware of the long-term effects. Recognising such moments helps us to see ways we can improve and redefine our current experience and help others to navigate theirs better".

Proceeds from the Ignite books go to support underprivileged girls and women, through the donations of washable feminine products.

Says Marisa Peer in the preface to Palmer's book *Reset! A Blueprint for a Better Life*: "Rosalynd has lived a life, where on the outside, it has looked amazing and enviable yet on the inside it has been a struggle. The life lessons and wisdom she has gained in her interesting and connected life has taught her that changing your attitude begins as something you do and then becomes who you are. I met Rosalynd in the 90s, we have stayed in touch and remained friends "all these years and I knew her experiences and her wisdom could make an excellent therapist. That is why I invited her to "my very first RTT training and why she is now one of my top trainers and therapists. She now helps others to live happy full lives free from pain."

In *Reset!* Palmer's signature message, like the bracelet she wears, is: "All that I need is already within me". We all have it within ourselves to overcome obstacles and reset our lives. Palmer offers advice on overcoming rejection; being mindful; shedding outdated beliefs; taming your inner critic; negotiating with your subconscious mind; and on how to create a 'Compassion Compass' for your life. Her 6Fs exercise offers a blueprint for a balanced life comprising: friends/family/faith/fitness/finance and fun.

Ends.

About the author: Rosalynd Palmer is a leading specialist in hypnotherapy, Rapid Transformational Therapy and Coaching. She is also a mentor and trainer in RTT and was on the Pioneer intake for this award-winning therapy having been personally invited by Marisa Peer.

Member of the National Council of Psychotherapists, General Hypnotherapy Register and Complementary & Natural Healthcare Council.

She is also a broadcaster, newspaper columnist and a regular media contributor on the issues of health and wellbeing.

Formerly a PR agency boss, Head of Marketing for an International Charity, cancer and multiple life navigator, she has life experience you couldn't make up; something that resonates with other women and men.

Media opportunities: Rosalyn Palmer is an experienced writer, journalist, broadcaster and interviewee available for:

- + Radio, TV, newspaper and magazine interviews + Panel debates
- + Byline articles and guest columns + Industry commentary
- + Keynote speaking & workshops + Soundbites

For further details, real-life exclusives & press copies of all books.

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<http://www.rosalynpalmer.com>

'Reset! A Blueprint For A Better <https://amzn.to/2NRbJOE>

Ignite Your Female Leadership <https://amzn.to/32egnON>

Ignite Your Life for Women <https://amzn.to/2EtinbO>

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