

# Rising Author Writes About Blinely Jumping Into 'Unknown Territory'

*Mary Ellen Jackson talks about unpreparedness and taking roles in her book Bella and Mirabel: Messages of Delight Between an Earth Spirit and Her Human Sister*

TORONTO, ONTARIO, CANADA, April 4, 2023 /EINPresswire.com/ -- In life, there are different roles for different people. And in society, there are predetermined dos and don'ts. But what if understanding freedom gives a new meaning to these things? To life? This is what Mary Ellen Jackson highlights in one of her books [Bella and Mirabel: Messages of Delight Between an Earth Spirit and Her Human Sister](#).

After a career in Advocacy for the Elderly, Mary Ellen Jackson entered into counseling services. Most of her clients were those who experienced constant and heavy existential crises. And because of her sterling education from Celeste, she was able to mentor them about life's purpose as well as the essence of their existence.

And aside from counseling, Jackson also gave and gives workshops on channeling the power of thought and language, which she very well showcases such expertise in one of her books called Bella and Mirabel.

Bella and Mirabel: Messages of Delight Between an Earth Spirit and Her Human Sister was published by AuthorHouse in 2019. It is a short read that follows Bella, the little deva, who tackles society's hardwired "musts" and "shoulds" and realizing the power of freedom. She does this creatively and effectively, using literal objects and parallel them with her point just so she gets her message across.



"[Bella And Mirabel: Messages of Delight Between an Earth Spirit and Her Human Sister](#)"

The book is a perfect read for those who are looking for a hint of inspiration in life, a good push to keep, not just existing, but living.

Bella and Mirabel: Messages of Delight Between an Earth Spirit and Her Human Sister is available in different formats on [Amazon](#).

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