

Author's new book receives a warm literary welcome

Readers' Favorite announces the review of the Self Help book "Compose Your Soul" by Angela M Nuttle

LOUISVILLE, KY, UNITED STATES, October 1, 2017 /EINPresswire.com/ -- Readers' Favorite announces the review of the Non-Fiction - Self Help book "Compose Your Soul" by Angela M Nuttle, currently available at <http://www.amazon.com/gp/product/0692944346>.

Readers' Favorite is one of the largest book review and award contest sites on the Internet. They have earned the respect of renowned publishers like Random House, Simon & Schuster, and Harper Collins, and have received the "Best Websites for Authors" and "Honoring Excellence" awards from the Association of Independent Authors. They are also fully accredited by the BBB (A+ rating), which is a rarity among Book Review and Book Award Contest companies.



"Reviewed By Mamta Madhavan for Readers' Favorite

“

...uplifting and insightful read about composing one's soul, which requires deep reflection, brutal honesty, and the willingness to accept that we have unique DNA.”

Matma Madhavan

[Compose Your Soul: How to Turn Your Daily Chaos into Calm Control by Angela Nuttle](#) is an uplifting and insightful read

about composing one's soul, which requires deep reflection, brutal honesty, and the willingness to accept that we have unique DNA. It works differently for different people, but the book encourages readers to figure out their natural state of being, determining when they have the most energy, and the modes that they tend to operate in, and where they tend to get stuck. The book enables readers to explore the unique approaches that will reframe their personal and professional

journey, assess their natural algorithm to discover what is helping and hurting, and make good decisions that can be aligned with the natural self of each person. The concepts, the fun and courageous stories, and practical solutions help readers turn their daily chaos into calmness and leave them empowered. So, are you ready to compose your soul? If so, start reading this book!

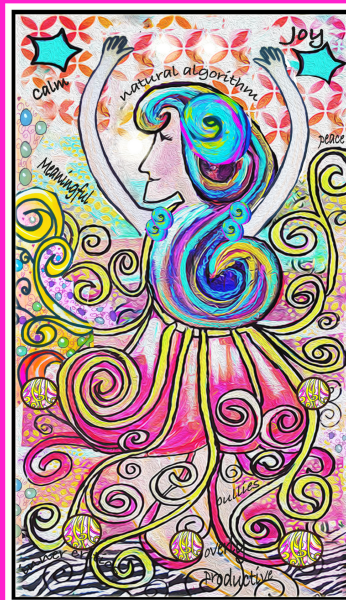
I like the manner in which the author handles the concept and gives good tools and techniques so that readers are motivated to start in a beneficial way. The topic has been handled methodically, making it easy for readers to understand and incorporate into their lives. The author's tips are useful when it comes to looking into oneself and developing a better understanding of oneself so that positive changes can be made. The personal stories shared are relatable to readers and will make them contemplate life and how they are handling it. It is a good book for everyone, especially those who want to wipe away the chaos in their lives and bring in peace and calmness."

You can [learn more about Angela M Nuttle](https://readersfavorite.com/book-review/compose-your-soul) and "Compose Your Soul" at <https://readersfavorite.com/book-review/compose-your-soul> where you can read reviews and the author's biography, as well as connect with the author directly or through their website and social media pages.

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COMPOSE YOUR SOUL



How to turn your daily chaos into calm control

Compose Your Soul is a delightful AND meaningful read for women



Angela Nuttle is an Author, Speaker, and Talent Remodeling Coach

This press release can be viewed online at: <http://www.einpresswire.com>

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