



# The Auburn Guide

A true story of Spirit, Survival and Awakening

## **Blurb**

What if the moments that broke you were never meant to destroy you - but to wake you up?

*The Auburn Guide* is not a polished spiritual memoir or a distant self-help book. It is a raw, deeply personal account of collapse, awakening, and the unmistakable presence of Spirit in the midst of pain, burnout, illness, grief, and life-changing upheaval.

Written from lived experience, this book follows one woman's journey through the darkest chapters of her life - and the quiet, persistent inner knowing that refused to be ignored. What began as suffering became a doorway into intuition, spiritual connection, deeper awareness, and a new way of living.

But this book does more than tell a story. It helps you begin your own.

Interwoven throughout are gentle, practical exercises designed to help you slow down, listen inwardly, and recognise the guidance that may already be trying to reach you.

You will be supported to:

develop trust in your intuition

recognise signs, inner knowing, and spiritual nudges

deepen your connection with Spirit

explore your own healing and awakening path

move from survival into meaning, awareness, and personal transformation

This makes The Auburn Guide more than a memoir - it becomes a companion for readers who want not only to understand spiritual awakening, but to experience it for themselves.

If you have ever felt watched over...

sensed something before it happened...

questioned whether your pain carried a deeper purpose...

or longed to reconnect with something sacred and true...

This book was written with you in mind.

Honest, heartfelt, and spiritually grounded, The Auburn Guide offers both story and support for those ready to follow their own path with greater trust, courage, and inner clarity.

**Author** S J Williams, **Genre** Self Help, **Date** April 2026, **Formats** Paperback, Hardback, Audiobook and ebook, 259 pages (Paperback)

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**Author Website** can be found [HERE](#)