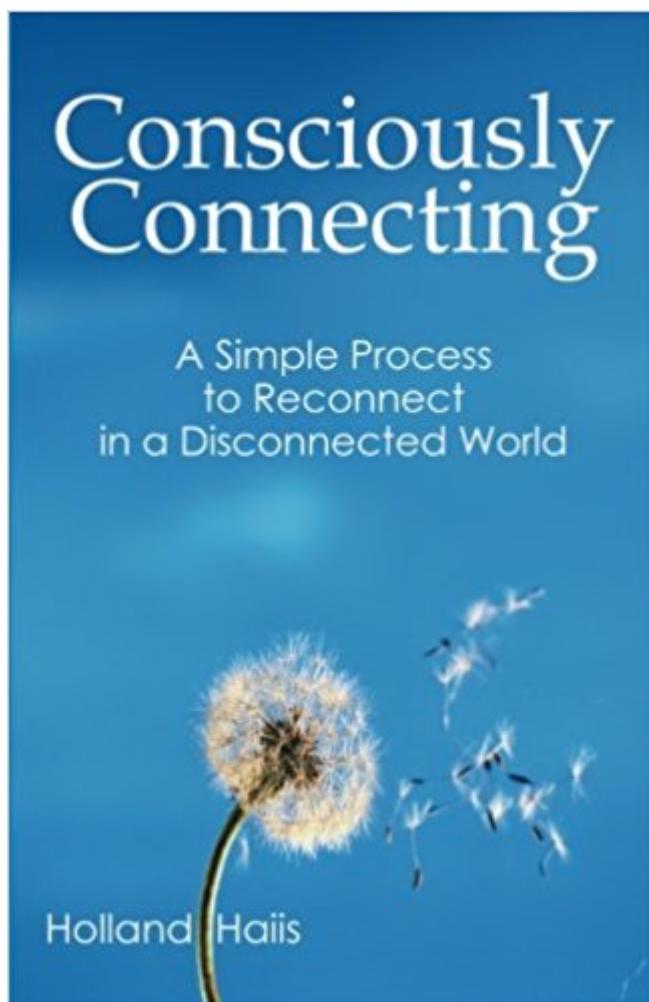


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# Consciously Connecting: A Simple Process To Reconnect In A Disconnected World



## **Synopsis**

In the age of technology we have become disconnected at a cellular level. The time to reconnect to ourselves and each other is now. *Consciously Connecting* is a step-by-step guide that will enlighten and give you the ability to further connect to your inner self. Learn to enrich your relationships with others, take action, and connect within the world around you—and most importantly, with yourself. Develop healthy emotional habits, and decrease stress and anxiety with your connectivity, which will give you the inspiration to lead a more productive and creative life. This adventure will be fun, and the exercises are easy. Engage in a weekly plan of action as you commit to be cognizant and walk away from life's disconnect and distractions. Unlock the secrets to *Consciously Connecting* as you choose to achieve your goals, embrace your strengths, and define your journey. Give yourself the gift of joy and happiness through connection and watch the possibilities happen.

## **Book Information**

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## **Customer Reviews**

Holland Haiis is a successful business consultant that mentors and facilitates clients to reach their goals. She coaches on the art of leadership, the value of communication, marketing strategies, and how to reach personal and financial goals. Holland lives with her husband, in Manhattan, and they continue to enthusiastically explore the world together.

Since my career is educational technology I am constantly helping people "get connected". Try this app, that app, this website, this process, this program...I speak it, tweet it, Facebook it, google plus it, pin it, blog it, you name it. Then along came this book recommended by a dear friend. Had it not of

been Josette recommending it, I would have skipped it because "relaxing" and "unplugging" do not necessarily go hand in hand for me. I LIKE to be connected. Digital connectivity is what I do, it is what I am passionate about. What I like about this book is it helps you reflect on the boundaries of your digital lifestyle. In my family we have applied some of the thoughts to better connect with each other and I have seen tremendous changes. We are a healthier functioning family in August 2015 than we were in January 2015. Now, when I talk about digital citizenship or digital parenting, this book is in the back of my mind. Knowing when to disconnect is just as important as learning how to connect.

Life sometimes seems to fly by so fast. One minute you're in high school, then college, next married with children and then one day you stop and stay where did the time go? What was my purpose? Where is everyone? Why am I alone? As someone who most certainly was not connected to others or even myself, after I read this book I was able to make small changes that made huge differences in my life. I couldn't thank Holland enough for this treasure of beautiful inspiring words that have helped me reconnect with others, myself and most of all LIFE!!!

Premise of this book is brilliant. Had Holland on my WebTV show "Sikorski's Think Abouts" (Search [www.thedailyblu.com](http://www.thedailyblu.com)). We discussed the book and why you need to disconnect to reconnect! My highest viewed show in 2015. Here is the link for the show  
<http://thedailyblu.com/video/sikorskis-think-abouts-disconnect-to-reconnect> You will enjoy reconnecting . . .

In a world full of constant noise and mental overload, it is refreshing and validating to read a book like "Consciously Connecting". Our souls have thought for too long that something needs to change, but those distractions have kept a lot of us from figuring out HOW to get back to a place of wholeness. This book provides all the tools you need to reconnect to yourself, your family, and your LIFE!!! It is easy to follow and implement the changes as you are only reading a couple of pages a week as the book is set up by the months of the year. Each section is a month with 4 sub chapters for each week of every month. I like to read the next week on Saturday mornings over my coffee and breakfast. That is my quiet time to reflect on what the author is sharing and then plan on how to implement new thoughts and behaviors throughout the week and indefinitely!

I had the pleasure of discovering Consciously Connecting when I heard Holland speaking at a workshop. I loved her talk and immediately went up and purchased the book afterward. As a Life & Business Coach, so much of what I see my clients struggling with links back to Disconnection, whether it's from their relationships, their life, their Spirit or themselves. So many people I know are struggling with anxiety, insomnia and a niggling feeling that they are falling horribly short in every area of their lives and don't realize that it all stems from this Disconnectedness. Why do I love Consciously Connecting? It's a simply and clearly written guide on how to reconnect with yourself, your energy and the world around you. Her writing is brilliant in that it can be read in a variety of ways because of its organization by month and suits any type of reader. 1) You can read it straight through. 2) You can start in January or whichever month you find this gem and read it month-by-month or 3) Pick the theme that most speaks to you in the moment. I read the book straight through and what I appreciated most about it was that it really encourages you to honor the cyclical nature of your life and all life. Life has its ebbs and flows and I find by Consciously Connecting back to those cycles and yourself that life becomes less stressful and more enjoyable. Thanks for this beautiful guide.

I've read numerous books on self help, and life coaching and I must say, I was immediately connected to Holland's "Consciously Connecting." I had no idea how disconnected I was from the world around me. For example, I was finding myself engrossed in my cell phone so much, (for work) that I was missing out on so much around me. Holland's advice in this book has been life changing. My fiancé and I make a point to go "#OffTheGrid," and spend time reconnecting with one another, catching up and conversing without our cellular devices at hand. I strongly recommend this book to anyone who needs to reconnect with not only family, but with themselves. What's great about this book once more is, you don't have to wait for a new year to make these simple changes. You can start today!

In a world of media noise, this is a quiet walk on the beach with nothing but the sound of the waves and the wind. I love how the book is divided up in exercises, each one leaving a thirst for the next one! She mentions her mother and husband, both of whom are quite near and dear to her, which reminds us that family is so important. Reading this book is as if Holland is talking to you in person. She is so down to earth and humorous, that it's like she is right there! The book is a quick read, but I like to read it in the form it is in and perhaps read the same exercise I may have already seen, to reflect and make sure I am absorbing the valuable content that each and every chapter

holds. I highly recommend this book to everyone! Hopefully she has more in store focus in future reads, as she definitely has a fan here in Colorado!

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