


SPARK CHANGE – Praise Sheet

Comments & reviews from Amazon & Goodreads

“This little gem  of a book is SO POWERFUL!! Already dog-eared and with-in arms length at all times. A must-have for all who seek to live their best lives in honesty and integrity.”

“This little book with 108 powerful questions and comments with respect to each question has been a life saver for me and also for an organization I belong to.”

“This book is pure gold. It cuts straight to the chase in the most effective way possible: by posing questions. 108 to be exact. As a high school teacher and yoga teacher, I have found that the best way to help someone learn is for them to think critically about something specific.”

“It is a book that is small in size and HUGE in impact. The questions she poses, along with the guidance she gives after each question will inspire you to discover for yourself what is missing in your life, your deepest desires, and the best path forward. It is like the entire personal development genre has been distilled down into one approachable book.”

“...an excellent read before my meditation practice.”

“...a simple yet very powerful tool to take a deeper look at just what is going on. This book is like a roto-tiller digging up our complacency and taking us to a more authentic understanding of who we really are.”

“This book takes the reader on a soul-searching adventure, where we open our mind to all that is possible. You'll love this author and all she writes.”

“This book is a timely offering for people who are hungering for growth and development during the challenges our world is facing due to COVID19.”

“Author Jennie Lee has poured her heart and knowledge of yogic process into her books to give us practical tools to further our journey toward higher consciousness. The worth of this book could be immeasurable!”

“This book is a gem, and it is a gift that will keep on giving if you come back to it. I'm so grateful for the questions Jennie has so beautifully organized, and what they are revealing to me as I answer them and follow the path where they lead. I highly recommend this for yourself, your friends and your book club!”

“This book is really unique and is the perfect gift even for those who aren't into spiritual books and practices.”

“Jennie Lee is a very important author for these precarious times. The pandemic has been/is an opportunity for us to explore our lives with meaning and Jennie's 108 questions are great prompts for this exploration.”