



Adventures for Your Soul: 21 Ways to Transform Your Habits and Reach Your Full Potential

Shannon Kaiser

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“An incredible woman on a mission to help people find peace, happiness, and fulfillment.” Gabrielle Bernstein, author of Miracles Now

Have you ever felt like there’s something holding you back?

Maybe that something is you . . .

Sometimes the one thing you need to make a change is to see things from a fresh perspective. Discover twenty-one innovative emotional explorations to boldly confront the habits that are holding you back in this breakthrough guide that provides the tools you need to fearlessly embrace your innermost desires.

Drawing from her own transformational experiences, Shannon Kaiser’s program utilizes an empowering process that encourages you to go on adventures for your soul so you can:

- Achieve your goals
- Remove limiting beliefs and self-sabotaging patterns
- Feel freedom from fear and live with purpose and passion
- Be unapologetic about your innermost desires
- And make happiness your natural way of life

By focusing on how your life feels instead of how it looks on the outside, you can passionately experience your own life adventures. By changing the way you see yourself, you can ultimately live life to the fullest.

Adventures for Your Soul: 21 Ways to Transform Your Habits and Reach Your Full Potential Details

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Kristen says

While this book is saturated with self-help jargon and buzzwords, if you can get past it, there is wisdom to be found. There are specific exercises to help you understand yourself a little more, identify things that might be holding you back, and help you achieve your goals, going forward. The concept of could vs. should really expressed an idea I've been working with for the past few years, and I'm glad to now have a clear structure for it.

Jennifer says

More of a 3.75.

I don't know how to review this book. In some ways it did help me in others it didn't. I liked the motivational mantras at the end of each chapter. One thing I was not a fan of was her self promoting in this book, it felt like in every chapter she was promoting more of her books or websites. I couldn't keep up with all of the books she mentioned, so I just gave up.

I think you should read this book but go into it knowing it will help everyone in different ways.

Amy Mercree says

I absolutely love this book. It's so accessible and positive and full of powerful strategies to bust through blocks and reclaim you life.

Katie says

This is the first book added to my new "Come on, y'all" Goodreads shelf and the first book I deem worthy of this title. I tried. I really tried! I did! I am not a very woo-woo, you're a magic butterfly that just needs green juice to manifest your true potential type of person. I tried! That being said, there were several things about this book I could not get past.

-Spelling errors and grammatical errors throughout. There are people who will say "that happens in every book," and that's fine for them to say. In the first 40 pages alone I found multiple basic spelling errors that should have been caught during proofreading. Manifest an editor or proofreader next time.

-This book offers encouragement, which is great! However, blind encouragement does not help anything get done. Sending love and light doesn't pay my water bill. Come on, y'all.

-The advice and weekly mantras are nothing that BuzzFeed and generic Instagram quotes over a picture of

the ocean can't tell you. Follow your joy route! Find your purpose and passion! Dress your family in corduroy and denim! The last is a joke. Don't worry.

-If you are a person like me, who is self-motivated and interested in self-improvement that gives you a kick in the ass instead of a pat on the head, this is not for you. If you consider manifestation and the law of attraction to be real things, you'll probably love this (and also can you teach me how to pay my water bill with love and light? Thanks!)

Jessica says

My favorite motivational mantra: "I can change the fate of my future. Settling is the way of my past. I do not settle."

On page 46, Kaiser exclaims, "Imagine never having to overthink anything ever again! What would you do with all your time if you trusted that things would work out?" I believe I would have a lot more time on my hands, time enjoying life and relaxing.

Later in the reading, page 252, she puts this equation together:
Surrender = 100 percent acceptance of what is + Faith that all is in the right order

Kaiser also talked about putting our own needs first, stating "self-love is not selfish". I talk all the time about how I want to better myself in one way or another, like working out and eating healthier...possibly a nice spa day. Like she says, "Enough excuses, I want results."

Her metaphor for turbulence is excellent! You want to know about it? Read it, page 84. :)

We all have fears. Spiders...stink bugs...well this list could go on. But that's not what I'm talking about here. Take a look at Kaiser's "Top Ten Fears Holding Us Back" and see how much you can relate. I believe we can all relate to at least a few of these fears. Start on page 164 and learn about each of them individually.

Designate No Worry Time, page 253.

I need to watch Kelly McGonigal's TED talk, because her findings on stress are astonishing (page 276-277)! So if you are reading this, right now, please be careful when it comes to stress and how you perceive it.

The above points are what jumped out to me. Overall Adventures for Your Soul was great!

Kristen Martin says

One of the best books I have ever read. Each morning, I woke up excited to sit at my desk, read a chapter, and journal that chapter's 'Awesome Actions'. I feel like I have so much clarity on what it is I want to do with my life. Thank you, Shannon, for writing this book. It truly is a gift!

Devon O says

I had read a lot of wonderful reviews on this book prior to purchasing. But I honestly cannot get through the first 50 pages without feeling as if it's a chore to read. I did not finish this book - I gave it two chances and just couldn't get into.

Mycala says

I always do a fair amount of soul-searching on a regular basis in my ongoing quest to be the best me I can be. Sometimes I search more than others. Lately I find myself doing a lot of searching and asking myself is this really what I want for my life? I have to say no. Somewhere along the line, I found myself doing the "safe" thing and I stopped following my dream and that's just sad.

That's where this book comes in, though. Shannon was at a point where I am, and she knows what questions to ask so that I can start thinking about how to go about grabbing my proverbial machete, getting out of the weeds and winding up back on my highway to bliss. I bookmarked and highlighted quite a lot of this book, but this alone is worth the price: "Worrying is nothing more than praying for what you don't want."

Nyssa says

It took me almost a year to read this, but that proved to be a pretty great experience of getting through it. Often it seemed the chapter I was reading was perfect for whatever was going on in my life. Yes, this is totally the kind of book that narrates optimism on steroids and required me to ignore some of the commentary within, but I enjoyed most of the messages overall. It's good to be good to yourself, especially because it makes it easier to be good to others.

And how could I forget the journaling? As a writer, of course I loved having the exercises and reflections.

Latasha says

Wow this took me 5 months to finish. That should say something right there.

I enjoyed a lot of this book and thought this exercises at the end of each chapter could be quite helpful. I just didn't relate to a lot of the stories she told about herself and others. Which is fine! It just makes it hard to really soak in the message when you're wondering, "Wait what situations in my life can I apply this to?"

Overall, a really great book for someone who is struggling to finally find their path or who is terrified to take that path.

Renee Amberg says

My honest opinion, I was a bit disappointed in this one. I love Shannon Kaisers Daily Mantras but I found Adventures for your Soul super repetitive and boring. Overall, there are some great messages but I felt like it was a chore to read. Not my favorite, unfortunately.

Linda Tapp says

I usually like books like this but this was not for me. I found it kind of depressing. I picked only 3 books to take on vacation from the giant pile on my nightstand and this was one of the lucky three. I was disappointed that this was one I picked to read during my limited reading time. I actually left it behind.

Sam says

The second time through reading this was a great refresher. I still loved it.

Have you ever felt like there should be more to your life? Maybe that you aren't where you should be and you aren't even close to tapping into your potential? Feeling afraid because of all that? Read this book.

Finally done with this one... and not because it was boring or long. When I picked up this book and made it though the first chapter I had highlighted 10 or more different quotes- so I really let myself take my time to get through this so I could soak it all up. This book came into my hands right when I needed it- like magic! It touched on so many struggles I've been dealing with lately and really broke things down for me when it comes to being able to achieve my goals. So much positive affirmation and soul digging going on here. I'm thankful for the things that I've learned.

There were soooooo many things that gave me "ah ha!" Moments that I can't even begin to touch on them here. This one, with all my sloppy highlights and book markers, will be staying on my shelf for a long time

Emily Kent says

This book is amazing! I read this off of a recommendation of Marissa Lace on Youtube for #YearofYou and it is incredible. Everything Kaiser talks about is incredibly easy to follow and just makes completele sense. LOVE

Kayla Hollatz says

I had a hard time getting through this book, partly because the author's voice is somehow demotivating even with her being a life coach. I was trying to understand the flow of the book all the way through. I feel I would have connected more with the book if the author would have broken her concepts into more tangible action steps. Saying that we should simply visualize a situation and then "give love and light to the situation" isn't enough to hold onto. I can see this book being a great fit for a few of my friends but it wasn't a hit for me.

