

ABOUT AUTHOR LYNN SERAFINN



Born in Brooklyn, New York in 1955, and now residing in the United Kingdom, author Lynn Serafinn is a Personal Transformation Coach, teacher, motivational speaker and talk radio show host. Owing to her long and diverse professional history in the music industry—from symphony violinist, to opera singer, to east-west fusion artist, to a number-1 electronic dance artist in the 90s—Lynn's writing is lyrical, rhythmic, colourful, highly visual and undeniably metaphoric. She was the ghost writer and editor on several published books on Vedic spirituality and philosophy, and is the author of the eBook *The Path of Least Resistance to the Self*. **The**

Garden of the Soul is her first full-length book.

Lynn was educated at New England Conservatory of Music, University of Texas at Austin and University of Phoenix, and holds a B.Mus. in music history and an MAED in adult education and distance learning. Awarded the National Defence Foreign Language Fellowship in 1980-81, Lynn journeyed to Calcutta where she began her long-term study of Indian music and religion. A fully qualified teacher, she taught music and music technology for many years, and was the recipient of the Microsoft UK Innovative Teacher of the Year Award in 2005. She holds a CPCC through the Coaches Training Institute and is a graduate of the Co-Active Leadership Programme. Now living on her own in Bedford, England, Lynn is the Founder/Leader of the Global Wellness Circle, a thriving community-based holistic education project spread throughout the United Kingdom. She has a grown daughter, who is also a writer, and a young grandson.

For book signings, live readings, speaking engagements, etc.

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Official Websites

Book Blogsite: www.give-receive-become-be.com

Social Network: <http://gardenofthesoul.ning.com>

Talk Radio: www.blogtalkradio.com/Lynn-Serafinn

Create-a-Life Coaching: www.create-a-life.co.uk

Global Wellness Circle: www.global-wellness-circle.com