

AUTHOR MEDIA KIT



MEET THE AUTHORS

Christine and Cheryl Lyric

WWW.LYRICTWINS.COM



ABOUT THE AUTHORS BIOGRAPHY

Christine and Cheryl Lyric are twin sisters who both work in the public service and currently reside in Winnipeg, Manitoba, Canada. They were inspired to start writing after healing years of depression using non-traditional methods and techniques.

The twins' personal journeys and unique path have made them experts in the tools and resources available for those seeking a holistic and integrative approach to well-being and happiness. Their goal is to inspire others to connect with their own intrapersonal tools to uncover the innate happiness inherently available within.

- The twin's Podcast—Conscious Living 101: [Watch Here](#)
- Cheryl discusses the spiritual depth of self-realization from losing both of her parents in an interview with spiritual teacher Allison Voth: [Watch Here](#)

Books Coming Soon!

"A Guide to Happiness Through Conscious Living - The Workbook"
Written by Christine and Cheryl Lyric

"Before You"
A Fiction Novel by Cheryl Lyric

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Podcast: Conscious Living 101 with the Lyric Twins



About the Book

MIRROR IMAGES: A GUIDE TO HAPPINESS THROUGH CONSCIOUS LIVING

"Mirror Images" shows you how to take control of your happiness through conscious living using the unique process of Mirroring. In seven simple steps, twin authors Christine and Cheryl Lyric guide you along an eye-opening journey of self-awareness. The novel technique of Mirroring helps you discover the inaccurate hidden beliefs holding you back from feeling the happiness you have longed for and deserve.

This wisdom-filled, inspiring information opens a pathway to your consciousness long left closed, and your way of viewing yourself and others will change forever in incredible ways. Readers are taken through a transformational experience of self-discovery with this new approach to radically improve their life, happiness, and well-being.

Synopsis



"Mirror Images: A Guide to Happiness Through Conscious Living" outlines an inner road map that takes the reader on a journey of self-awareness. Using a 7 step technique called Mirroring, the reader uncovers hidden beliefs holding them back from feeling the happiness they have longed for and deserve. This novel approach transforms life through the practice of conscious living, leading to genuine happiness and well-being.

BOOK TITLE	Mirror Images: A Guide to Happiness Through Conscious Living
PRINT LENGTH	125 pages paperback
GENRE	Inspirational/Self-help
PUBLISHER	Lyric Press
PUBLICATION DATE	October 6, 2021
ISBN	978-0-9939802-02-0
PRICE	\$14.99 USD
TERRITORIES SOLD	CAD, US, EU, AUST
AVAILABLE FORMATS	Paperback, E-book
WHERE TO BUY	Amazon, Kindle

FOR IMMEDIATE RELEASE

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New Book from Twin Authors Reveals How to Achieve Happiness Through Conscious Living



Winnipeg, MB, October 6, 2021/ -- A new book co-authored by identical twin sisters shows you a novel way to achieve happiness through conscious living using a process called Mirroring.

In "Mirror Images: A Guide to Happiness Through Conscious Living" (Lyric Press, October 2021) authors, Christine and Cheryl Lyric tap into 50 combined years of research and practice in alternative wellness to outline an inner road map to greater happiness. Using the simple 7 step technique of Mirroring, they guide you along an eye-opening and transformational journey of self-awareness and help you discover the inaccurate hidden beliefs holding you back from feeling the happiness you have longed for and deserve.

The twins' personal stories and unique perspectives inspire you to take an honest look at how hidden harmful self-beliefs may be robbing you of the happiness you seek. Their practical advice and guidance do not just explain how to create greater happiness—it shows that genuine happiness is not dependent on anything external to you.

"When we speak to others about happiness, they are curious about what we did to find genuine peace and contentment. They want to know what tools they can use to get them there. We wrote this book to give them those resources and to inspire others to live consciously as a way to cultivate a deep and personal relationship with their authentic nature, which naturally leads to more happiness."

Christine and Cheryl Lyric are twin sisters who both work as analysts in the public service. They were inspired to start writing after healing years of depression using non-traditional methods and techniques. The twins' personal journeys and unique path have made them experts in the tools and resources available for those seeking a holistic and integrative approach to well-being and happiness. Their goal is to inspire others to connect with their intrapersonal tools to uncover the innate happiness inherently available within.

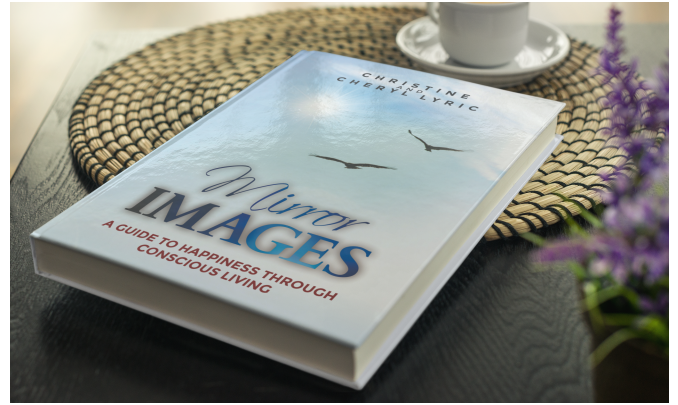


For more information, visit the twins online at www.lyrictwins.com.

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Christine and Cheryl Lyric, mirror.images.happiness@gmail.com, www.lyrictwins.com

Interview Questions



1. Where did you get the idea for this book?

We were inspired to start writing after healing years of depression using non-traditional methods and techniques. We wanted to share the tools and resources available to those seeking a holistic and integrative approach to happiness and well-being.

2. Why should someone want to read your book in particular?

During the pandemic, people's lives have changed drastically, and there has been an opportunity for many to slow down and question if they are genuinely happy. Whether depressed, unhappy, or simply yearning for more out of life, this book is for those looking for an empowered approach to finding the happiness they have longed for and deserve.

3. Who will like your book?

You will probably enjoy this book if you like inspirational and self-help books from authors such as Eckhart Tolle, Deepak Chopra, or Wayne Dyer.

4. What do you have to say about your co-author book writing experience?

Co-authoring had its positives and negatives. Our writing styles are slightly different but, it was beneficial that we had similar experiences and viewpoints to share.

6. Where can I find a copy of your book?

"Mirror Images: A Guide to Happiness Through Conscious Living" is available in paperback or ebook format through Amazon and Kindle.

6. Where can a reader find out more information about you, the authors?

You can learn more about us on our website at www.lyrictwins.com or by listening to our podcast, Conscious Living 101.

7. Do you have another project in the works? If so, what is it?

We are currently working on a workbook to accompany "Mirror Images," Cheryl has recently completed a fiction book called "Before You" that she is working on publishing.

Reviews



AMAZON REVIEWER
(5.0 OUT OF 5 STARS)

Passionate and easy to understand for anyone on their path to self-discovery ...

I have read many spiritual/self-help books over the past few decades and this book fits right up there with all the well-known authors. The twins' written word is articulate, honest, passionate and easy to understand for anyone on their path to self-discovery and healing.

The most rewarding intuitive information I will take away from this book is the power of Reflection. Hence, mirror images. Taking the time to go within, reflect on experiences, behaviours, beliefs, etc and listen to your higher self to understand what causes the negative emotions of depression, anxiety, anger. Reflecting to understand and heal those energies so you can replace them with positive energies that empower you.

It also renewed within me the truth of being kind and patient with yourself as you go through transformation. It is not easy. The twins graciously paint the picture with their own personal experiences which allows readers to engage in their passion for helping others.

I will recommend this book to anyone, as this is a book of tools that anyone can add to their toolbox of dealing with life, whether you are struggling or not. Thank-you to Christine and Cheryl Lyric for sharing their wisdom and light with us.



AMAZON REVIEWER
(5.0 OUT OF 5 STARS)

Insightful!!! 100% worth reading

In one word, I'd call this book "insightful". I haven't battled depression in my life, but I found that this book helped me discover a hidden pathway to becoming an even happier version of myself. As I read it I saw a lot of relatable scenarios which made the concept of Mirroring so much easier to grasp. It can seem a little bit daunting at first, but I'm telling you... It quickly builds hope in place of fear and unworthiness. We all have our issues and battles, whatever they may be, this book really has shone a light on a whole new way of discovering happiness in this life that is way too short to be anything but.

BOOK EXCERPT

C H A P T E R 2: THE MIRRORING PROCESS

Mirroring is one of the first tools we used to cultivate self-awareness, and it formed the foundation of our journey to happiness. Our teacher, Eileen Montroy, introduced the concept to us, offering us the opportunity to work with the process in our everyday lives. Mirroring is a practice we still routinely follow and recognize as an instrument for personal transformation. As the technique of Mirroring opens your eyes to new ways of seeing yourself and the relationships you share, we encourage you to allow the concept to be at the core of your path to self-awareness too. You may find the practice intrigues you, it may even aggravate you at times, but in the end, it will inspire you to know yourself more truthfully.

Mirroring is a term used to define the idea that your image is reflected, like a mirror, by the relationships and experiences you have. These reflections come from your spouse, friends, children, co-workers, strangers, or even your pets. The list is endless because, in theory, every encounter is an opportunity to learn about your true authentic self. The mirrored reflections you experience uncover the truth about who you think you are. The challenge: however, is that people often identify themselves, both consciously and unconsciously, as something objectionable and inaccurate. They hide these uncomfortable beliefs deep inside rather than acknowledging they are there, or they may be affecting them in detrimental or unhealthy ways. Until this recognition happens, these hidden beliefs continue to overrule happiness.

If you pay attention to the images in your daily Mirrors, you will become aware of your faulty beliefs. As these concealed views surface, you can use the Mirroring process to release the grip they hold on your happiness. When you let go of false and harmful ways that you see yourself, you make way for a more accurate and authentic identity, which paves the way to a happier state of being. The Mirroring process also naturally increases awareness of your innate and true nature. Through this exercise, you begin to understand that you are a part of something sacred and divine and that your genuine disposition stems from this, rather than any negative or false ways you perceive yourself. As a tool, Mirroring changes limiting beliefs and perceptions. This shift leads to significant personal transformation and has a positive effect on overall happiness and well-being.

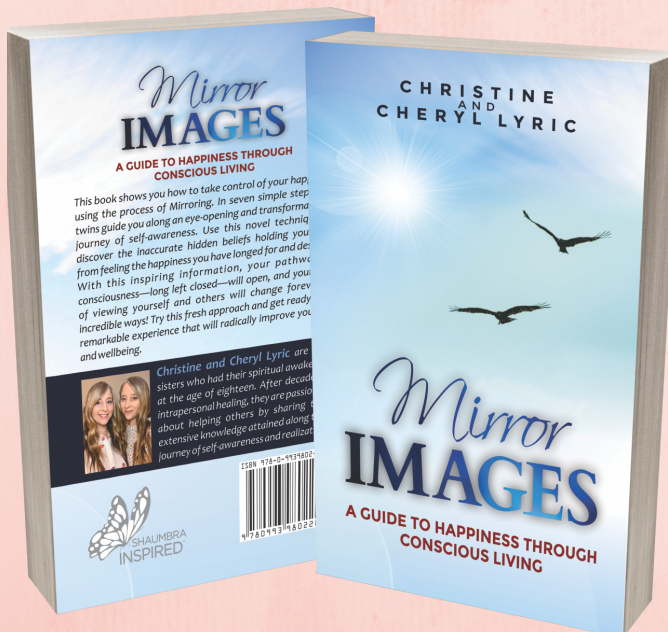
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