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**Eiman Al Zaabi offers guidance through spiritual journey in new book**

*Author announces release of ‘The Art of Surrender’*

SPRINGFIELD GARDENS, N.Y. — According to a 2012 survey by the Pew Research Center, 18 percent of people in the US consider themselves spiritual but not religious. Noting that some lose their way in their spiritual journey when exploring outside the confines of organized religion, Eiman Al Zaabi was propelled to offer guidance. Drawing on her own faith and her experience as a life coach, “The Art of Surrender: A Practical Guide to Enlightened Happiness and Well-Being” ( [published by Balboa Pres](http://www.balboapress.com/)s) is a guide to help others find their way on their spiritual journey.

“I knew there must be more to my life than my emotional and physical barriers, and I began searching for answers,” Al Zaabi explains. “My pursuit led me to a profound understanding of the art of surrendering to the Divine. Inspired by books such as Louise Hay's ‘You Can Heal Your Life,’ I have dedicated myself to the journey toward empowerment and healing – my own and my clients’.”

Al Zaabi seeks to help readers “recognize and align with universal truth and connect with the Divine” using gentle, approachable language that encourages spirituality without the pressure of dogma.

“My deepest hope is to help readers find their way to the profound peace that comes from surrender to the Divine,” Al Zaabi says. “They can experience the fulfillment that comes from discovering their most authentic ways of being and expressing the unique purpose of their creation.”

“The Art of Surrender” By Eiman Al Zaabi

Hardcover | 6 x 9 in | 298 pages | ISBN 9781504345194 Softcover | 6 x 9 in | 298 pages | ISBN 9781504345170 E-Book | 298 pages | ISBN 9781504345187

Available at Amazon and Barnes & Noble

**About the Author**

Eiman Al Zaabi is a life coach, facilitator, energy healer and spiritual teacher who helps clients transform their relationships and careers, heal from past trauma and live authentically. More information is available at <http://www.eimanalzaabi.com/>.

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