



Jenny Nylén has since her childhood suffered from exaggerated anxiety without understanding why. 2014 she consulted a psychiatric clinic and got the diagnose **GAD**, Generalized Anxiety Disorder.

Angel Feathers and Rose Quartz is a self-contained sequel to the book *Always About Anxiety*, which was about her diagnosis, GAD. Jenny's enhanced sensitivity has also had positive aspects, like creativity and an ability for analyzing different situations and peoples' way of acting.

In *Angel Feathers and Rose Quartz* Jenny describes different encounters she has experienced in her life, and how they have led her to answers to the question "Who am I?" How meeting with others and entering in dialogue can make us develop as human beings. How one can learn to listen to one's authentic soul and to be open to the signals coming from somewhere. In encounters like these, angel feathers and rose quartz became important in Jenny's life. In short, the book is about how to find one's place in life, and how to ensure that what enriches oneself also enriches others. About the fact that we all have unlimited possibilities and that we all are spiritual beings with special purposes in life. Jenny tells us about her longing to find meaning in her own life. Loving oneself and others establishes an emotional fellowship, which is a good foundation for personal growth.



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Angel Feathers and Rose Quartz - Jenny Nylén



Angel Feathers and Rose Quartz

Encounters and dialogues

Jenny Nylén