

LAUNCH TEAM

Email tricia@soulatrest.com
if you are interested!

EXCLUSIVE INCENTIVES

HOW YOU CAN HELP

What I really need is for you to share about this book with your own friends and family in every way possible. I will send you four specific prompts and resources:

- June 22-30: I will send you a link with pictures and quotes from my book to share on social media.
- July 1: BOOK RELEASE DAY! I will send you a picture of the book with an order link to post on social media or send out via email.
- July 1-15th: I will remind you to share your favorite quote from the book on social media
- July 1-15th: I will remind you to post a review of the book on Amazon, Good reads etc.

If you simply sign up to help:

- Immediate email copy of first chapter of the book.
- Tricia's free video guide for "God-Focused Deep Breathing" exercise
- Tricia's free "Five-Day Digital Detox" devotional guide.

Raffle drawing if you do all four promo prompts:

RAFFLE PRIZES!

\$50 Spa certificate

Tea and Thee Unplugged (includes gourmet teas, vintage teacup, antique book)

Coffee and Candles Unplugged

(includes scented candle, coffee and mug, antique book)

Cozy Comfort Unplugged

(includes cozy blanket, gourmet chocolates, antique book)