

Author Pens New Book on Learning Self-Love and Acceptance After Profound Experience Walking the Camino de Santiago

Jennifer Winn Johnson announces the release of her new book 'An Awakening Walk-500 Miles to Self-Love & Acceptance on the Camino de Santiago'

PALM SPRINGS, Calif. ([PRWEB](#)) March 01, 2018 -- Jennifer Winn Johnson announces the release of her book "An Awakening Walk-500 Miles to Self-Love & Acceptance on the Camino de Santiago," Luminare Press. The book is a narrative of the journey that shook the author to her core. Shedding layers of self-recrimination and self-judgement she carried through her life, she found herself broken wide open. Over the 500 mile trail, Jennifer released tears of grief, anger, and finally learned to embrace those sides of herself that were banished out of shame, fear, and social conditioning. This book is a brutally honest tale of one woman's dogged tenacity to break through the barrier of her own self-abandonment in which she spent decades conforming and bending to the will of others, and finally her triumphant deliverance into unconditional self-love.

The physical and personal challenge for the author turned out to be a gut wrenching, self-exploration towards finding herself. Along the trails of the famed Camino de Santiago of Spain, Jennifer sheds her false self, layer by layer, and at the end of her walk, embraces the authentic beautiful woman she longed for. Old wretched pain and wounds rise to the surface as she purges and heals, step by painful step. The book offers a scenic portrayal of the beautiful landscapes, hotels and inns, churches and cathedrals, local purveyors, and cuisines native to the culture, woven poetically through the author's observant eye for colorful imagery, delectable aromas and architectural design.

Inspired by her cathartic pilgrimage, the author now arranges tours to assist and guide others to explore, heal, and commune along the trails of the Camino along with other sacred journeys.

About Jennifer Winn Johnson

Jennifer is a chef and caterer in the Palm Springs, California area. She has worked as a chef at a winery in Napa, on a ranch in New Mexico, and caters for personal and corporate events. Jennifer is a travel guide with Winn Journeys, and a workshop and retreat presenter. She is a spiritual seeker, and studies and practices new age/thought principles. She completed a 200 hour yoga teacher training in 2015. Jennifer is a student of natural healing and energy medicine, holds a Certification in Access Conscious, Reiki and is 'A Course in Miracles' Minister from The Teachers of God Foundation

For more information visit <http://www.winnjourneys.com>. For media please contact Diane Dennis with Inspired Media Communications at info@inspiredmc.com.

About the Camino de Santiago

The Camino de Santiago, also known as the "Way of St. James," is the route, or way, taken by pilgrims to the shrine of the Apostle St. James the Greater, located in the Cathedral of Santiago de Compostela in Galicia in northwestern Spain. 1 The Codex Calixtinus (written approx. 1138 –1145 A.D. and attributed to Pope Callixtus II.) is an anthology of background details and advice for pilgrims following the Way of Saint James. It includes sermons, reports of miracles, and liturgical texts associated with the Apostle Saint James, as well as practical information. 4 Jennifer Winn Johnson For centuries, spiritual seekers have believed the remains of Saint James are buried in this cathedral. Walking the Way of St. James was one of the most important Christian pilgrimages

during the Middle Ages. Legend has it that St. James's remains were carried by boat from Jerusalem to northern Spain, where he was buried in what is now the City of Santiago de Compostela. Many people "walk the Camino" in their search for spiritual growth and knowledge, both individually and in groups. The pilgrimage to Santiago is believed to have existed continuously since the ninth century, with the first written records referring to pilgrims from England in 1092 – 1195.



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