



HOLLYWOOD

Book Reviews

Title: Trigger Happy
Author: Kindred Light
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Genre: Spiritual / Self-Help
Reviewed by: Jack Chambers

Hollywood Book Reviews

In the modern world, the idea of self-improvement has become more and more of a powerful movement than was previously thought necessary. Self-help delves into several areas of our lives, from health (both physical and mental), to finances, careers, and even spirituality. The need to improve ourselves to find happiness, joy, or contentment is a growing movement which has shown in our darkest moments, in the most harsh or crucial moments of adversity, hope and self-improvement can push us to gain a new understanding of ourselves while gaining the things we are searching for in life.

In author Kindred Light's *Trigger Happy*, the author hones in on the inner conflicts which reside within us all and prevents us from finding the true inner happiness and peace we always seek. Through a series of self-examinations and exploring the steps the author has found to battle these inner conflicts, the book hopes to help readers improve upon their own mental and spiritual health in a way which allows us to find our own inner guides and engage with things like our relationships, and connecting with our higher selves in order to find the miracles that can occur on the earthly plane.

The author did an amazing job of finding just the right balance of spirituality insight with the steps needed to improve upon oneself. The way the author was able to hone in on the improvements to their own life was great to see, as it showcased the ways in which these steps can work for the reader as well. Everything from toxic relationships to addiction and more come into play in the author's personal connection to these steps, and the reader is able to feel the emotional and spiritual ties that brought the author to these self-realizations. The honesty and depth of the author's writing felt powerful as the book progressed, and the chemistry the author found between the grounded-self and the higher-self was so fascinating to read about.

This is the perfect book for those who enjoy non-fiction reading, especially those who enjoy self-help style books which deal with spirituality and mental health, as well as self-improvement. The author really did an incredible job of honing in on the connection between what is referred to as the "divine essence," alluding to the importance spirituality and energy has on our self-help journey. The relatability of the darker aspects of doubt and destruction which resides within us all were aptly discussed, and showcased how important taking these steps in our lives is.

Thoughtful, engaging, and a beautiful symphony of hope within the struggle of life, author Kindred Light's *Trigger Happy* is a must-read self-help and spiritual book. The authenticity and captivating writing style blended well with the imagery and personal stories that helped elevate the lessons the author imparted within the book, and readers will feel a deep connection both emotionally and spiritually as they take in these lessons for themselves.