**Must read 🏆**

*Beautifully written and bathed in joy, this inspiring & uplifting book is saturated in hope & drenched with grace & truth. A terrific read!*

SYNOPSIS

Evolve to Vitality, written by Tonja McNair, is a book filled with compelling, inspirational, and meditative bodies of writings, offering the reader an opportunity to enter their own room with an examination mirror.  
These introspective writings showcase inner conflicting thoughts that are supported by The Higher Power. The writings are intriguing and have a way of encouraging the reader without force. The invitation is given to sink into a deeper mindset to reevaluate their own journey. The enjoyment of a healthy mind will supersede any notion of material well-being. This is the root of personal empowerment, leading to a happy journey in life.  
This book is a biographical testament that emphasizes the immense inner prowess of the soul, which is constantly striving for a better understanding and clarity of the infinite possibilities of a spiritual mind with a concoction of reality. This book bridges the gap between the crosswalk of ego responses and compulsions. We can exercise our right to respond over being reactive. Illuminating one painfully missing element that humanity shares. No matter where we come from or what challenges we face, our lives are intertwined. We share profound connections with individuals, we all want happiness!

Let’s begin together!

This nimble and thoughtful book encourages readers to “get to an evolution of your spirit, mind, and soul” via honest introspection and examination. In short, easy to digest chapters, the author explains the who, how, why, where, and what of doing just that, often undergirded by examples from her own life.

Using “approachable stories” supported by “script tips,” the author uses metaphors and analogies to convey her thoughts. She encourages readers to read slowly and thoughtfully, taking their time to mull over and ponder the writing with an eye toward looking at the “examination mirror with introspection and illumination in full view.”, she urges readers to honestly answer the questions that follow each story in this gently faith-flavored narrative, written to “get to an evolution of your spirit, mind, and soul” via honest introspection and examination.

For example, when a major move from New York to Florida threatens to throw her for a loop, the author chronicles how her Christian faith was her rock. This includes daily nature walks – “just God, nature, and me” - and Qigong, which coordinates body-posture and movement. Also reaching out and building community. Choosing a word for the year to meditate on. Deep breathing and growing her spirit, mind , and body.

At just over one hundred and twenty pages, this “bite sized book” is an agile read. It’s also a cogent one. Evocative prose encourages readers to “take a long sober stare within, be kind to yourself … while allowing truth to illuminate what mindset repair, renewal, and restoration is needed.” Real life examples and practical applications are included.

It would be difficult to select just a few stand-out chapters from this solid body of work. But exceptionally strong chapters include “heroes and sheroes" in *Short Supply, Light a Match* and *Wear Morality*, *My Problem*, and *Some Things Are Cultural.* Also *It Is Written*, *Help The Poor* (it’s not what you may think) and aloe in *Being Used.* All gently urge readers to confront and deal with oneself in “a loving, compassionate way” while asking some pretty pointed questions. It’s not for the faint-hearted. But for those willing to put in the time, attention, and effort, this book could very well be life-changing.

Indeed, *Evolve to Vitality* is one of the year’s best. It’s a terrific read. Beautifully written and bathed in joy, it’s also saturated in hope and drenched with grace and truth. The style is highly readable and engaging as well as thought-provoking. It’s a learning experience as well as a wake-up call.

Yea, verily. Anyone who’s vertical and breathing will enjoy this lively and engrossing read. Insightful, uplifting and penetrating, it’s the kind of book you can read in an afternoon. But why do that? Because this book isn’t a sprint. It’s a warm and thoughtful journey of discovery that’s meant to be read as a contemplative stroll. It’s something to be savored slowly. It's a book to return to again and again. It's also never too late to start. Now would be good.

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*Library Board Member. Communications & Marketing Professional. Interests include: Historical, Christian, and Literary Fiction. Action/Adventure/Outdoors. Children's books. A frank but fair reviewer, Kristine averages 300+ books a year thru a wide variety of genres.*