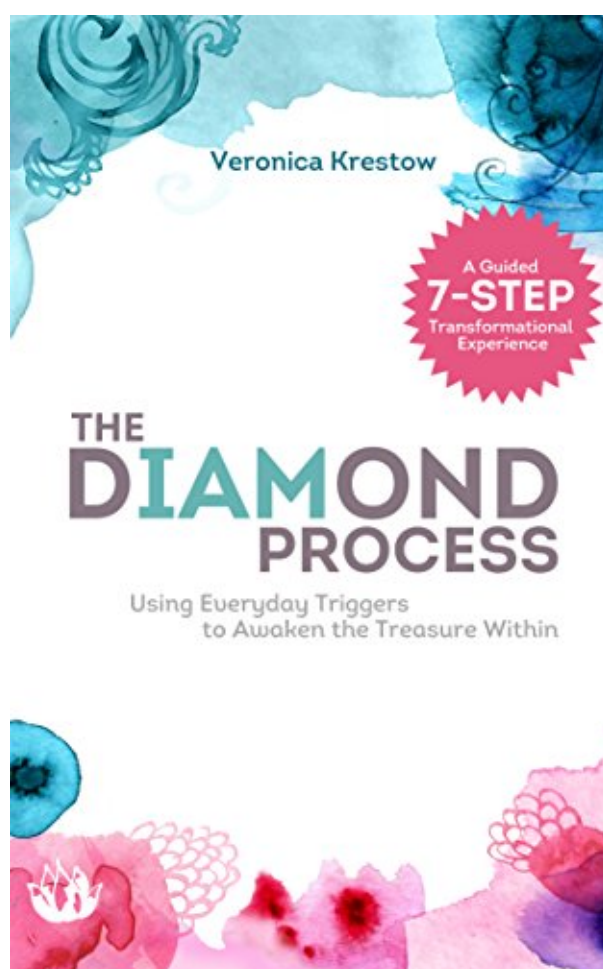
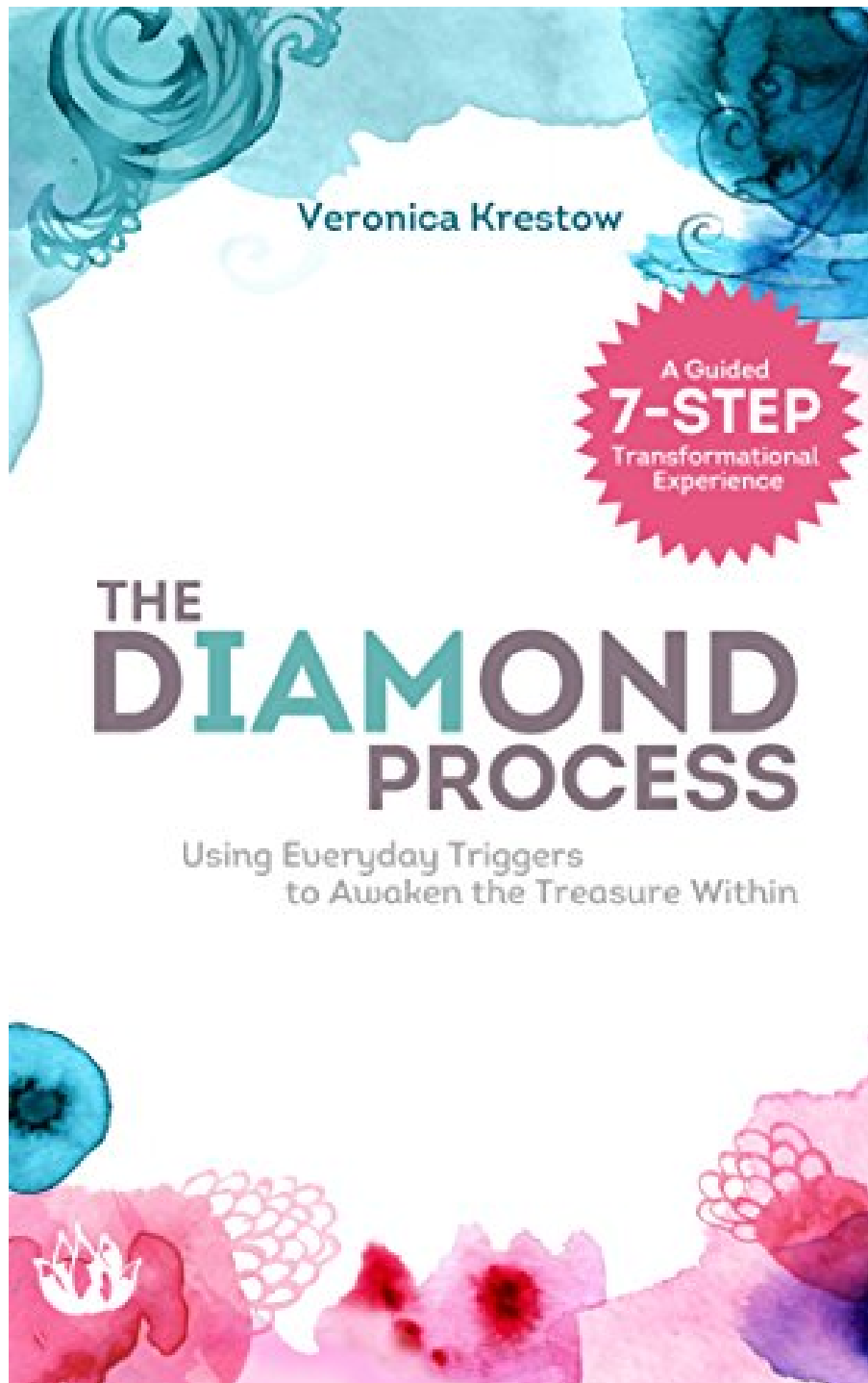


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About the Author

Veronica Krestow is a Spiritual Mentor and Transformational Coach whose message of radical self-acceptance and love has attracted thousands of people worldwide to her courses, retreats, and popular YouTube channel which has received well over half a million views. Veronica grew up in Miami Beach where the materially focused culture left little room for authenticity and spiritual discovery. By the age of 32 she was living a thriving life in Los Angeles and on the verge of marriage to a wonderful man. Yet a sudden painful realization prompted her to leave everything behind to begin a journey to discover her true self. Today she leads an acclaimed transformational coaching business worldwide helping clients to break through suffering and step into inspiring freedom, purpose, and true power. With her refreshing perspective of using challenges to awaken who you *truly* are, or what she calls "The Diamond Self," she is accomplishing her soul's mission to help everyday people become conscious leaders of love. [Show More](#)

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We all strive to be happy, peaceful, and healthy, yet why is it that so few people are? Why is living in upset, stress and overwhelm the norm? How can we pivot ourselves into a more joyful, thriving life?

In this transformational 7-step guide Veronica Krestow reveals to you the one core trap that keeps people feeling lost and stuck in everyday life while offering a simple, immediate way to being unshakably “at home” in yourself and on purpose in your life.

If you have ever felt as though no one really “gets you” or sees the real you, this book will help you transform at the root to feel connected, confident, and innately valuable. Using radically honest personal stories and practical, inspiring solutions that work, Veronica guides you on a journey that has the power to awaken your full potential, making the most challenging of times into the most exciting. Get ready. This book is not passive information. It is an alive, liberating experience designed to lead you home to the whole, magnificent, authentic YOU!

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I bought this book because a friend recommended it and said it had helped her heal

By Fer G.

I'm a lawyer and a business owner. Very left brained. I don't meditate, do yoga, nor do I subscribe to any new age points of view. I bought this book because a friend recommended it and said it had helped her heal. At first I fought the ideas described in the book. I thought they were simplistic and idealized versions of the

world that didn't apply to my reality. Trying to keep an open mind, I read the book like a college text book and started making notes in the areas where it applied to me and in the areas I thought were complete hippie Kool-Aid. I fought the author's point of view with each turn of the page, and then something amazing happened. I was watching a completely unrelated TV documentary and noticed that the person being interviewed was living "in the now", one of the many concepts I couldn't grasp, and yet was able to identify in someone else's life. I took that as a small first step in the long journey to reprogram my mind to look at the world from a different perspective.

The book is filled with many simple concepts, but don't let their simplicity fool you because they are not necessarily easy to achieve. The author paints a very clear picture of her teachings by providing examples of her own life and those of her clients. I found myself reading line after line saying "oh...I'm like that" or "oh...wow...that happened to me too. That makes sense!" Long story short...if this book can help someone as left brained and hardheaded as me, it can definitely help you. I highly recommend it.

5 of 5 people found the following review helpful.

I love, love

By Danielle Hendrickson

Veronica is a gift from GOD.

I love, love, LOVE her Light and her Divine work. She inspires me more than she will EVER know!

Thank you, Veronica!

Love, Danielle

www.livingwellwithdanielle.com

xo!

3 of 3 people found the following review helpful.

A real gem - The Diamond Process

By ReadAndWrite

I did not know Veronica Krestow until I was invited to the The Diamond Process Release Celebration Hangout a few days ago. This gave me a very good impression about the evolution of the book and it also provided a look behind the curtain, like the „making of“ of a film. If anyone else would like to have a look themselves, the hangout video is still on the internet: <https://www.youtube.com/watch?v=HKmMm6JeKUs>.

The book The Diamond Process is structured very clearly in order to make it an „easy read“ despite the dense and touching content.

A bonus are the elaborate illustrations by Natalie Neumann that make the book even more approachable. During the hangout the artist talked about the way she worked with the illustrations as a structuring tool, i.e. by letting white (empty) space on the pages to give eyes and mind a rest.

Veronica Krestow not only is a gifted writer, she also has the capability to accompany the reader through their own Diamond Process as an experienced coach. I can recommend the book to anyone who is ridden by fears and self-doubt and let themselves be guided by Veronica to experience self-love.

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