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L Institute Founder Dr. Lisa Longworth Introduces *Cocoon to Butterfly*, A 7-Week Proven Course to Break Through Life Challenges

*Designed for the Busy Person, This Book Mirrors the Natural Metamorphosis of the Butterfly,
Which Reflects How a Transformational Change Can Manifest A Higher Level of Awareness*

SOLANA BEACH, Calif. September 9, 2018 – Since 1986, Dr. Lisa Longworth's *Cocoon to Butterfly* creative change process has inspired, connected, and transformed the lives of more than 15,000 people and 4,000 groups worldwide. Recognizing the value of this organic transformational experience, Dr. Longworth has beautifully detailed this process in her debut book, *Cocoon to Butterfly, A 7-Week Proven Course to Break Through Life Challenges*.

At the tender age of 19, Dr. Longworth survived a near death experience during brain surgery. This experience served as a catalyst for a profound shift in awareness, one that continues to influence her work and daily life. She describes the experience as a spontaneous opening of the heart, an inner radiance connecting her to all of life. This radiance has never left her.

From this sacred space, the Dr. Longworth discovered the *Cocoon to Butterfly* process. It was a direct way to transmit her truth and point others beyond their challenges by tapping into their creativity and higher awareness. She shares this experience in her book, as well as breakthrough stories of seven clients.

As a counselor, Dr. Longworth has spent the past 30 years of her career leading others to a higher state of awareness through her *Cocoon to Butterfly* creative spiritual process. Now, 40 years after her NDE, Dr. Longworth goes by her new name, "L" and is the founder of the L Institute. She is a counselor, prolific artist, speaker, visionary, and pioneer in the movement to higher awareness and creative spirituality.

"This book has truly been a labor of love," Dr. Longworth said. "I believe the natural metamorphosis of the butterfly serves as a mirror for our own transformational change. I have seen the seven-step process I outline in my book bring amazing results to the thousands of people who have faced life changes and applied these principles in their lives."

Dr. Longworth adds, "My clients were asking for daily guidance in their transformation. Words don't teach as effectively as experience and practice does, so I created a practical 49-day course that guides readers to live their full potential and experience the life they really want."

According to Dr. Longworth, navigating life changes can be quite challenging. Many feel ill-equipped to maintain balance amid the shifting sands of time. The *Cocoon to Butterfly* process incorporates creativity, psychology, artistic expression, and spirituality practices to inspire a seamless transition to the next chapter of life.

“My book is ideal for anyone who is facing a major life change. This includes busy professionals looking to change careers, empty nesters, those who have lost a loved one, anyone experiencing burnout, and creative spiritual speakers. The *Cocoon to Butterfly* process can also benefit those who are going through a divorce, experiencing a shift in finances, women entering the workforce after raising children, and high achieving individuals looking for a deeper connection to life.”

Here Are Just A Few Of The Many Benefits Of Dr. Longworth’s Book:

- **Increases Energy and Aliveness:** Provides tools and exercises that support authentic living to energize your daily life as an ongoing creative process
- **Stimulates Creativity:** Develops and strengthens your creativity muscles with a custom-designed inner workout
- **Activates Soul Connection:** Supports the letting go of everything that is no longer true within you
- **Reveals Purpose:** Creates insight into the deeper design of life to align you with your highest purpose
- **Ignites Passion:** Promotes an organic excitement toward everyday living as internal blocks fall away
- **Enhances Career:** Creates a transformational shift in awareness, which allows you to release old perspectives and embrace new attitudes in your professional endeavors
- **Business Coaching:** Implements a nontraditional approach that activates positive changes in your business environment and relationships
- **Empowers Change:** Inspires a connection to your own inner nature and natural outer world so that change flows with a new level of harmony and openness
- **Lessens the Trauma of Change:** Teaches you how to go with the natural flow of life to make transition less stressful and disruptive
- **Exposure to Expressive Arts:** Promotes visual art, writing, and movement as a way to experience deep healing

Published by Twin Wing, *Cocoon to Butterfly, a 7-Week Proven Course to Break Through Life Challenges* and its accompanying *Cocoon to Butterfly Journal* will be available in March 2019. The journal is an easy-to-use, inspiring companion book that includes instructions for daily use, inspiring quotes, and provides places for both writing and quick daily drawing. It promotes daily discipline to do inner work and provides a portable art studio and writing room to inspire readers to strengthen their creative muscles.

“Lisa Longworth inspires; she revitalizes and regenerates our creativity. Lisa is an artist of the human side of nature who brings out the best in people and helps them experience the joy of life.” – Jonas Salk, M.D., Discoverer of the Polio Vaccine, Founder of Salk Institute

About the Author:

Dr. Lisa Longworth is a speaker, author, artist, counselor and pioneer in the movement to higher awareness and creative spirituality. “L,” as she is now known, has been counseling clients for more than 30 years.

Dr. Longworth is the founder of the **The L Institute** – designed to Inspire, Connect & Transform individuals to a higher awareness and creativity. Her *Cocoon to Butterfly* process has helped more than 15,00 individuals and 4,000 groups through the process of creative metamorphosis.



Dr. Longworth is a magna cum laude graduate in the arts from the University of San Diego California and is a former faculty member. She holds a master’s and a doctorate in psychology. She currently lives and practices in Solana Beach, California.