

New Book on True Feminism Released as Church Commemorates Trio of Women Saints

The Guiding Star Project Founder and CEO Leah A. Jacobson publishes her first book, Wholistic Feminism

Duluth, MN, November 10, 2021-- International speaker, founder, board-certified lactation consultant, and mother of seven, Leah A. Jacobson, MA, IBCLC has announced her first book *Wholistic Feminism: Healing the Identity Crisis Caused by the Women's Movement*. As the Church marks the contributions of a trio of great female saints this month--St. Gertrude, St. Margaret of Scotland, and St. Elizabeth of Hungary-- Jacobson's book illustrates how the American women's movement, hijacked by the sexual revolution, has defined success in a way that keeps women striving, yet never fully arriving, at true fulfillment. *Wholistic Feminism* highlights female contributions in a new light while refuting the lie that women and their female bodies are inadequate or problematic.

Jacobson uses her experiences as a woman, mother, and long-time lactation specialist to offer insights into the genius of the feminine body and soul. Her words pave the way for common ground and connection among women of various walks of life in a way that cultivates sisterhood instead of competition. In accepting and loving the feminine gifts, Jacobson guides the reader to discovering her worth and potential while empowering her to create a life of meaningful contribution.

"I wrote this book because I see far too many women who simply don't appreciate or understand that their natural bodies are good," Jacobson said. "We need a women's movement that is devoted to understanding, embracing, and loving the natural and unsuppressed female body. Now THAT will be a true revolution!"

Jacobson noted that *Wholistic Feminism* was specifically written for any woman feeling:

- Overwhelmed by life
- Her mind | body | spirit seem to be at war with one another
- Her health is taking a backseat to all the things on her to-do-list
- Her relationships are strained to the max
- A struggle to overcome guilt, shame, and/or fear

Wholistic Feminism seeks to restore hope by offering insight into the true definition and value of the female identity both physical and beyond. As Jacobson writes in the prologue, "Our physical bodies can teach us deep spiritual truths. The meaning of life, our purpose, what will bring us joy; all can be found with careful observation of and care for our bodies."

Much of Jacobson's inspiration for writing the book was her encounters with thousands of women as a lactation specialist. "As a lactation professional, I meet women at one of the most sacred and vulnerable times in their lives," Jacobson said. "I see their need to be encouraged and built up because deep down,

subconsciously, so many simply don't believe their bodies work. They doubt their own abilities because they are not acquainted with their own bodies.”

Jacobson recognizes that as more women understand their true value and identity, the women’s movement will be revived with liberating vitality. “*Wholistic Feminism* is really more than a book; it should become the next wave of the women's movement. Women are craving the knowledge and information that complete the picture of their female identities. We can't know ourselves, or understand one another as women, if we ignore our bodies. It is time for the women’s movement to be whole.” *Wholistic Feminism* is available to [order today](#) at Lumen Press.

For more information on *Wholistic Feminism: Healing the Identity Crisis Caused by the Women's Movement* and a complete press kit, visit <https://lumenpress.org/feminist-media-kit/>.

To request a promotional copy of the book or an interview with Leah Jacobson, contact Carrie Kline at carriek@revolutionizingmissions.com.

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