

Book's extract

Under the Spot Light: To Shine Your Light, no need to be famous

By Monique Chabot

By sharing the story of her journey, the author hopes to help readers find the courage and inspiration to make a meaningful change that can lead them to do what they were born to do. Unleash their creative power.

The simple yet profound exercises and tools found in the book will help you design a roadmap that can serve you throughout your life. The in-depth curriculum that addresses all aspects of your life helps you better understand who you really are, so you can make better choices for yourself.



“In her book, Under the SpotLight, Monique shares insightful concepts, ideas and practical exercises that invites the reader to question their beliefs and connect with their inner guidance so they can uncover and connect more deeply with their

authentic Self. She guides the reader in creating a life and legacy that is in alignment with their passions and strengths, giving them the confidence to shine their Light from the inside out.”

Marisa Ferrera

Women’s Empowerment Coach & Mentor

Get up and shine!

Be ready to listen, willing to learn, and be able to take action

From the dead to the human world, I moved on

With silent witnesses, I shined

From a divided inner world, I got up

With powerful advice, I shined

From the harassment of childhood, I got up

With powerful teachers, I shined

From the silence of the abuse, I got up

With a compassionate therapist, I shined

Of embarrassing feelings, I got up

With the divine light, I shined

With certainty, joy, and love, I took a stand to shine.

To my last breath, I will climb higher and higher

I will make my light shine with yours forever

From dust I could come back to encourage you to shine your light

I would like to nourish it by telling you... yes, you can shine!

Get up and shine your light!

Mocha