



# **The Art of Trapeze: One Woman's Journey of Soaring, Surrendering, and Awakening (Awakening Consciousness Series, #1)**

*Molly McCord*

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## **The Art of Trapeze: One Woman's Journey of Soaring, Surrendering, and Awakening (Awakening Consciousness Series, #1) Molly McCord**

On a random Thursday morning, with nothing to lose and only a dream to gain, Molly McCord decides to move to Paris, France to follow the courageous call of her heart. She arrives in a city she has never visited before and where she knows no one, yet she trusts her ability to figure it out because her adventurous life has prepared her for this biggest of leaps. She carries the wisdom of Solitude, Strength, Style, Flexibility, Heart, Endurance, and Grace in her non-matching luggage collection.

Molly's soul-riveting experiences unfold in surprising ways as she discovers the joys and realities of life as a foreigner in France, falls in love with a sexy Turkish man, moves her cats across the Atlantic, enjoys the rare opportunity of working for a U.S. Ambassador, and creates the life of her dreams in less than two years.

Yet when unexpected developments require her to surrender once again, a higher consciousness catches her with a deeper spiritual awakening.

The Art of Trapeze™ soars with emotional honesty, delightful humor, unexpected wisdom, and inspiring spiritual perspectives around living life to the fullest when nothing is guaranteed except gravity.

Hit #1 on Amazon in Spiritual Self-Help and Memoirs: Adventurers!

"Beautifully written, charmingly funny - even hilarious - and remarkably open, honest, and down-to-earth, Ms. McCord has gifted us with a pure example of how life can be such a beautiful, grand adventure..." ~ Starfield Press

"In many ways, Molly tells you how to be brutally honest with your own soul and get on with your own life in an extremely courageous way." ~ Rick DiClemente, Author of "The Exquisite Zodiac", Intuitive Astrologer

"Molly McCord is not one to sit on the sidelines wondering what life might be like "if only." Following along on her journeys allows us to see what it is like to try something out of our comfort zone, and how amazingly well even the riskier things can turn out. She teaches through example how to trust, how to adjust her thinking so she is putting out the right vibration, how to take necessary risks, and how to regroup if things go awry." ~ Lois Wetzel, MFA, Author

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Book One in the Awakening Consciousness Series!

Book Two is "The Modern Heroine's Journey of Consciousness"

## **The Art of Trapeze: One Woman's Journey of Soaring, Surrendering, and Awakening (Awakening Consciousness Series, #1) Details**

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## **From Reader Review The Art of Trapeze: One Woman's Journey of Soaring, Surrendering, and Awakening (Awakening Consciousness Series, #1) for online ebook**

**Lloyd Thompson says**

"A true teacher will never give you the answers to the tests, but they will support you in figuring out the answers for yourself because that is how you connect with your own power."

This empowering quote from Molly McCord's amazing new memoir *The Art of Trapeze: One Woman's Journey of Soaring, Surrendering, and Awakening* perfectly captures the essence of the message so bravely portrayed in this book.

In true-life illustration after illustration, Molly recounts her journey from the United States into the great unknown of Paris, complete with cultural clashes, catch-22 scenarios, and blessings in disguise. All along, her fierce determination and belief in herself never fails her as she chases her Heart to the heart of her true Self.

Beautifully written, charmingly funny--even hilarious--and remarkably open, honest, and down-to-earth, Ms. McCord has gifted us with a pure example of how life can be such a beautiful, grand adventure, even when things seem a bit muddy. She demonstrates so simply that even the slow times are a necessary piece of the whole in life. As she puts it, "...being alone does not mean being lonely. Being still does not mean being boring. Being quiet does not mean being unexciting..."

I highly recommend *The Art of Trapeze* to the young and old, male and female alike.

You will not be disappointed.

--Lloyd Matthew Thompson, Author of *The Galaxy Healer's Guide*, *Lightworker: A Call to Authenticity*, and *The Energy Anthology*

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**Well Read Southerner Blog says**

I enjoyed the memoir part and the story of what led her to Paris and studies there. I've always wanted to live in Paris so I was living vicariously during this part. It wasn't exceptionally written but I didn't mind the light reading of her travels. Once it got into the God stuff and soul consciousnesses ideas she lost me. Being an atheist I'm just not interested in that information.

I'm beginning to think that all Kindle books though don't have editors due to formatting, grammar, punctuation, and spelling mistakes. It seems as if every one I read has some of this.

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**Jill Martin says**

Molly McCord leaves everything behind to move to Paris after getting accepted at a university to earn her Masters degree. She describes the challenges of finding housing and a job as a non French person. She meets a man, Turhan, from Pakistan and they have a two-year relationship until he decides he has to put his work first. She also was awarded a most-coveted internship at the American Embassy for 3 months. Molly describes Paris wonderfully, as if I were almost there. This part I enjoyed immensely. What I didn't enjoy was the last 3 chapters were nothing but ethereal nonsensical blabbering that didn't make much sense. She could have left these chapters out. Therefore, a lower rating. 7 stars. (10.8 to 11.2.16)

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### **Karenbike Patterson says**

I bought this book on BookBub for 99cents. It should have been free. Better yet, it shouldn't be offered. I slogged through 28% of the book and thought it was written by a middle schooler. It sounded like a preteen journal. A twenty something American woman goes alone to Paris for graduate work (how brave!) There are flashbacks to a earlier times- pretty typical things like car trips with friends and visits to museums (ho hum). It was not well written and the main character was boring. Sorry, BookBub, you'll have to do better than this in the future.

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### **Becky says**

I'm still processing this one. Loved the insights and the magnifying glass view of life as an ex-pat in Paris, but it took me quite a while to work through because the work as a whole read kind of...bulkily for me. (whatever, it's not a real word, but you know what I mean, right?) Like, if I had been given this piece to critique in a writing course, I would have chopped quite a bit down to get to the meat of the story. There was a lot of strong writing here, but it sometimes got lost in the narrative flow and all of the details that were and weren't relevant (it could have been much more concise and I would argue that it would read more powerfully that way)

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### **Lisa McBrien says**

Molly McCord speaks to women of all ages, shapes, sizes and colors, no matter what crossroads they're facing or how they choose to embrace the passions, energies, and whispered messages their souls provide on a daily basis. As a woman nearing 50, I'm facing a crossroads in terms of what comes next; dealing with physical, emotional, and hormonal changes that come with age, and asking myself some tough questions about love and relationships, namely why am I still single after 5 years. Really soul, am I being CALLED to be single (Actually, I haven't gotten an answer to that yet, I'm still waiting for the spiritual- metaphysical lightbulb to go off!)???? This is the second time I have read this book and I gain more and more clarity, as I go over the things Molly went through. I've definately had a few North Carolina moments, several transitional moments, more than my fair share of disappointments, and even faced the losses of a long term relationship (Which it turns out was alot like the whole Turhan thing, and I've totally made peace with it!) and a beloved pet. In my younger years, these things would have greatly upset me and thrown me off my game in a negative way, but now, I'm learning to reframe situations and look at them as growing and learning experiences rather than as failures, setbacks, disappointments, and so on (Insert negative words here.). Right now I am in a very solitary place with not a lot of true friends. That used to bother me, but

through Molly's wisdom and the wisdom of others who speak more specifically to the issues of older women, I have learned that I need and even crave this solitude so that I can connect with my most authentic self and care for my changing body. Nothing wrong with that. Of course, there are many things I long for in my life still, finding a compatible partner would be nice!!!! Yet I realize more and more through Molly's wisdom and more importantly my own, that if I hold these intentions close to my heart, practice gratitude and forgiveness, and listen to my inner voice as opposed to trying to talk over it or question, that everything will happen for the greatest good, exactly when it is supposed to. Thanks to Molly, I have become quite interested in the idea of living "as if." Like she did, I searched for answers to some of my most burning questions and about why the Law Of Attraction sometimes doesn't work or manifest things even in spite of our best efforts. Came up empty, of course, but then Molly tells us we will!!!! Anyway, I came across something written by a spiritual teacher which suggested that sometimes, simply voicing the intention does not bring it into being, sometimes we have to live as if we have what we want even if we don't have it yet. There are people who swear this works, so I'm trying the technique wholeheartedly to see where it takes me. Things may manifest exactly as I want them to or they may lead me someplace I was quite unwilling to go but needed to. At any rate it will be an adventure, maybe not a big Parisian adventure, but something worthy of me.

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### **Betsy says**

The writing was amateurish . The style was preachy. I don't know why I even finished it.

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### **Patricia says**

This could have been really good. The author's trip to Paris to pursue trapeze artistry as a skill and life metaphor could have been an exhilarating read, and the excerpt I read in a magazine really caught my eye. She describes the feel of the cold metal bar beneath the soles of her feet as she waits for the exact moment to launch in vivid language. But it just wasn't well written. The memoir could have benefitted from some major copy editing. It could have been cut by a third and been a better book.

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### **Rissi says**

Too jejeune for me. I am way past all that striving.

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### **Rebecca says**

Were it not for, what seems to me, a lack of editing and an over the bigtop spiritual self-empowerment movement ring to the conclusion, I would have given this journalistic account of the author's experiences in her early adult life five stars, especially the Parisian segments. I could have happily been spared the lengthy elaboration of her depressions in North Carolina and upon her return to the USA. I enjoyed much of her story telling and I share many of her perceptions about life, spirit, trust, living in the moment, seizing opportunity, persevering and so on. I also speak French and have lived in Europe as an American. Between wordy passages that in my opinion should have been reduced by about 80 percent, and which I could skim over without missing a thing, are tremendously engaging accounts of the author's finding footing, peppered with

translated French phrases and insight and advice about French culture, all expressed with charm, wit and wisdom.

Copy editing is also lacking. I found many many instances of typos - for example location 1383 "It's allll..." Yes, four "l's." Or at location 3457: "For the true purpose of our trip: o make friends with the locals." From location 5535 to 5657 the author used the word energy or a variation of it at least 20 times.

At first I expected the metaphor of the trapeze to be more than simply that, a metaphor. I was disappointed. It seemed to me to have been inserted as an after thought in an effort to unify the narrative. I was glad when the author returned to the concept at location 4653 in her explanation of "finding top." She also ends the book with it. Nice idea though and the book surely needed something to give it a literary touch. Otherwise the book would fall flat and be really no more than a very long blog in print/ebook form.

I find it a bit frustrating to sing the praises of the book because for every wonderful bit, there is something that irritates. Here is an example. Molly had a storybook romance in Paris that even involved some living together but she never once divulged any details of the sexual relationship! The reader was treated to elaborate minutiae about the author's deep feelings for her cats and the trials of having them, but her lover/boyfriend seemed one-dimensionally portrayed, almost a prop to the author's romantic notions about men and relationships. The scene that gave me insight to what may be a strong narcissistic vein in the author's personality is when Turhan came as her date to a holiday party at the American Embassy and discovered he was the only man there not wearing a tie. Molly's lack of empathy for his self-conscious embarrassment and her waving his distress in his face embarrassed me for him and for her and took her character down several notches in my estimation. The slow and cold break up after that came as no surprise, yet Molly in all her upset never seemed to acknowledge her own role in the demise. Her departure from Europe was an anti-climax to say the least. Better turn to spiritual beliefs and personal empowerment than to delve into one's own shortcomings? The end of the book became gushing in tone and the fairytale wedding at the conclusion only serves to further reinforce my suspicions, much as I find Molly McCord endearing.

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### **Jone says**

This book seemed to be written by a middle schooler. Not very interesting for an educated adult mind.

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### **Carol Burrey says**

I loved the story of her living in Paris. I've never been there but her story telling made me long to go. From about 80% on, it switched to spirituality. It seemed very disjointed. Where did this come from? I didn't know we were talking about spirituality and then 'bam' we made this major shift. The trapeze part seemed very disjointed, too. A little at the beginning and a little more at the end but it didn't flow well at all. I would have enjoyed it much more if it was just about her travels.

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### **Karen says**

I liked the sections covering her time in Paris. I didn't like the numerous flashbacks to other times in her life; I didn't feel those were incorporated well. I really didn't like the whole end section of new age philosophy. The trapeze metaphor that pops up periodically didn't work for me, either.

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## **Cara says**

Exactly what I needed to read at this point in my life. Well written easy to read. Very thought provoking without being condescending. Will definitely recommend this to others and check out McCords other books.

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## **Alison says**

A very satisfying memoir, with a bit of everything that I love. Travel, animals, self discovery, love and spiritual awakening. Molly after having gone through quite a bit of ups and downs, in her life and choices, decides she is going to leave the familiar and applies to graduate school in Paris. She is definitely a person, not afraid to try new things and to be good at them. Part of the spiritual journey to me was when faced with a problem or having one that does not go away she, would look within and changes her thought pattern, sending out different energy. From school to working part time at the American Embassy, to her romance with a handsome Turkish fellow student, to bringing her cats over from the USA, she had me right there in the story with her. Such wonderful visuals of her life, beautifully written. One piece where the visual impact was great was when she was sitting in Notre Dame on a rainy day, without many people around, thinking about her life and states that she is seeing prayers. One piece of it that I loved, is where she says: \_\_ I closed my eyes and felt them swishing through my hair, whisper in my ears and kiss my skin. They twirled around my legs, rubbed against my arms, and then coasted over to the next warm body with comfort and ease.\_\_ Just a small portion of what she described, but one that I found beautiful. I think we all come away from this story with having found something within ourselves or a feeling that there is something we need to still accomplish. The Art of Trapeze, to be able to delve into your dreams and opportunities, the choices you want to make, and being brave enough to try them. Loved this story. there is a 2nd book coming out in late August, can't wait. Trapeze Travels: The Lost Chapters

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