

## Book Review

Unlocking the Mystery of Soul and One Woman Finding Her Own Strength

A Book Review by Holly Sisson

Locker Rooms- Author, Patty Lesser

Find yourself a cozy, well-lit spot on the sofa and grab a comforting beverage for the reading of Patty Lesser's [The Locker Rooms](#).

You will soon find yourself steeped in the depths of psyche and the mysteries of soul, and having an emotional journey through invisible dimensions. [The Locker Rooms](#) starts out with an immediate twist- a beating of the odds that foreshadows a string of incredulous events that remain steeped in mystery of mystical proportions. This type of jumping right in was difficult at first and I found myself picking out grammatical choices that I would have done differently instead of seeing Patty's layering of power and strength, wisdom and courage, a romantic journey of heart and soul. Soon though, I found myself enamored by the subtle, and sometimes not so subtle, journey of one woman's encounters with love, loss and the deep under-belly of psyche and soul. The story progresses and the character of the protagonist, Alida, develops with literary prowess while leaving room for the readers own imagination and worldview to participate with the material. I don't think there was any other way than to just jump right in.

As a post-modern shamanic practitioner and transpersonal psychologist, I found this piece of literary work a masterpiece of metaphor and deep diving into soul retrieval- a personal spiritual emergence through Alida's own dark night of the soul. Whether one believes it is all psychological and imagination or a spiritual journey through time and space into the shadow of spirit and the liberation of soul has no relevance to the satisfaction of engrossed reader- other than that of personal worldview.

Alida's journey into the secret passageway of locked up souls mirrors her activities in the world as a volunteer work with incarcerated indigent women. And, in some ways, Alida's personal journey into her shadow, into grief, and finding the courage and wisdom and guidance to live through it gaining the tools to live a strong, healthy, happy life also mirrors the transformation of our planet at this time of reconnection with Earth and reengaging a healthy interdependent mind, body, heart and soul in a visceral enchantment. With courage and heart, one can find herself complete again.

Fully rounding out Alida's journey into self and finding her strength, author Patty Lesser adds healthy sprinkling of steamy romance that will leave romance readers ready for more and give the rest an eyebrow raising push to continue soaking up the words and images of interdimensional love. You will find, too, moments of humor when you least expect them.

In the end, you- the reader, will have to decide if this was a figment of one woman's fantastical imagination and psychiatric illness or if it is a spiritual journey of courage, heart and will power. Either way, you won't put the book down unless the lamplight burns out before it's over. Two thumbs up for this good read.