






Dr. Jasmine
LEIGH MORSE

Author • Speaker • Educator • Community Leader

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ABOUT DR. JASMINE

Dr. Jasmine Leigh Morse is a multi-talented author, speaker, educator, and award-winning community leader, who thrives in helping others transform their lives. Whether she is mentoring women and girls, engaging students during university lectures, speaking as keynote, or serving in government, she is driven by providing support to others to meet needs, equip, and train. She is also a proud graduate of Morgan State University, earning both her BA and PhD in English, with concentrations in creative writing, African-American literature, and women's studies. She earned her MA in Liberal Studies from the College of Notre Dame of Maryland. In addition to making the Daily Record's Successful by 40 Very Important Professionals list, she is a President's Management Council Fellow, entrepreneur, and writer with interests in topics that concern women.



Keynote, Workshop, & Training Topics

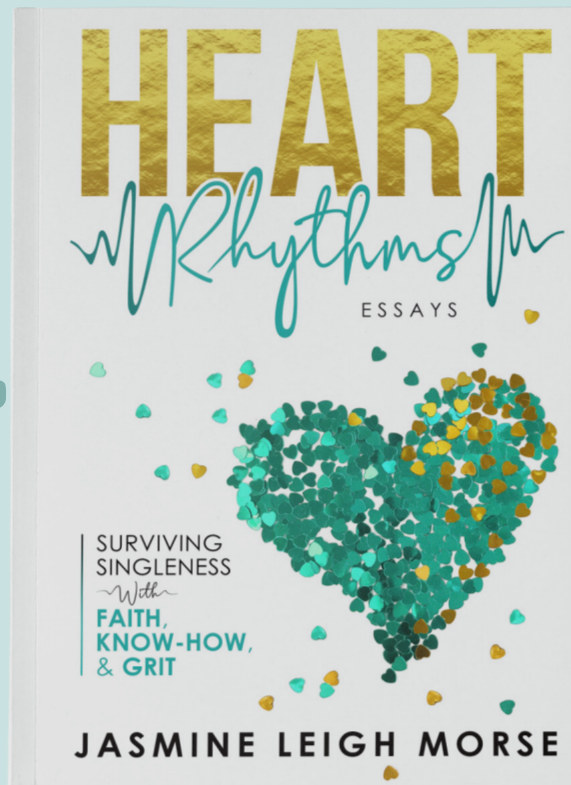
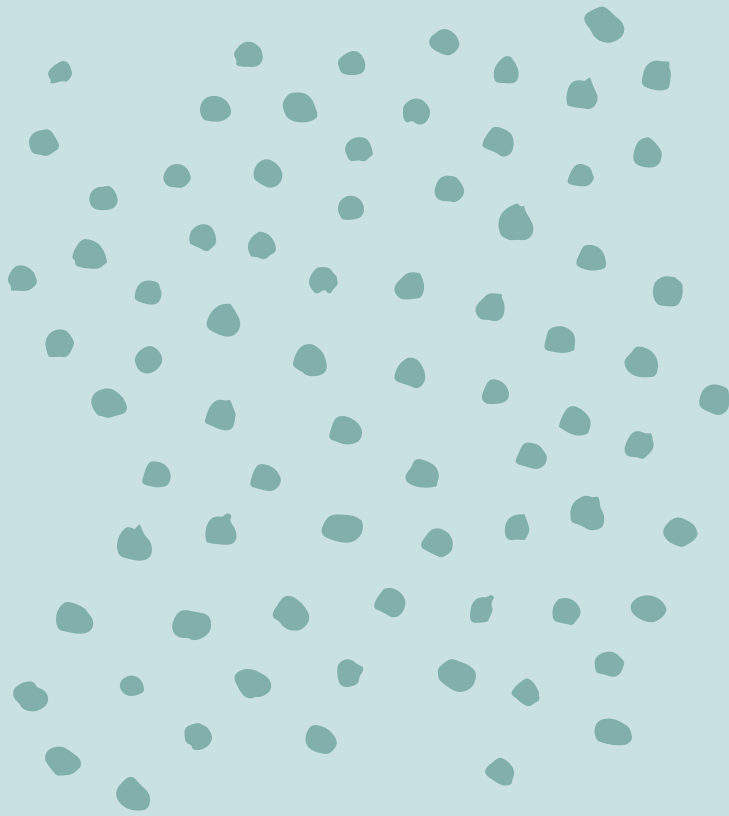
Dr. Jasmine is known for her innovative and creative ability to offer fresh perspectives, insightful content, and empowering keynotes, lectures, and training workshops. Merging her quick-witted and fun personality, with her keen ability to weave multi-layered messages has opened many doors for her. Topics include, but are not limited to:

Empowerment

- Heart Rhythms: Tapping into Emotional Steadiness
- Surviving Singleness
- Reimagining You

Professional Development

- You're Being Audited: Understanding Your Professional Brand
- Mentorship Matters
- Writing Made Easy: From College to Corporate



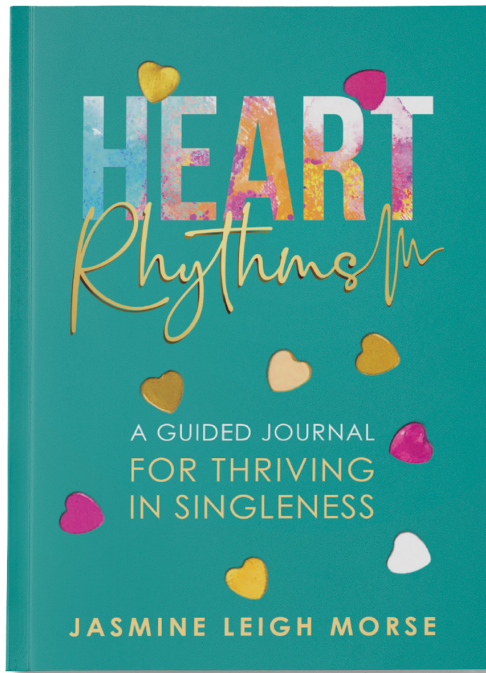
HEART RHYTHMS

Surviving Singleness with Faith, Know-How, & Grit

Publication Date: December 18, 2020

With vulnerable honesty and unique flare, Jasmine Leigh Morse's compelling collection of linked essays offers a fresh perspective on dating, sex, love, and relationship heartbreak. Heart Rhythms fuses personal stories with insight, humor, and girl-chat candor to tell Morse's truth about surviving singleness. It reveals the self-imposed pressures she faced and debunks societal stigmas about marriage as the measure of success in life. She opens up about her youthful growing pains, deep disappointments, the crippling effects of trauma, and the complexities of understanding herself, while navigating love and relationships. Although she traces her heart-wrenching lows, she also celebrates her highs. With faith, know-how, and grit as the cornerstone of her journey, Morse explores how she transformed her life and stopped being driven by the fear of being single.

Packed with faith-based principles, relatable stories, and practical strategies, Morse's story will inspire, engage, and enlighten. Much more than a transformation story, Heart Rhythms is for single women who are ready to go from surviving singleness to thriving in singleness. It's also for women who desire marriage but aim to find their healthy, sustainable rhythm in singleness, despite the promise of marriage.



The *Heart Rhythms* guided journal for thriving in singleness is for women who are ready to go from surviving singleness to thriving in singleness. It's designed to help women explore and navigate the range of emotions and experiences while single and satisfied, single and waiting, or single and dating. It's also for single women who desire marriage but aim to find their healthy, sustainable rhythm in singleness during the wait.

Wherever you find yourself in your journey as a single woman, this journal will help you reflect on where you've been and where you're going, with focus and intention, using faith-based principles, thought-provoking writing prompts, and exercises. The *Heart Rhythms* guided journal is divided into three main sections:

- Love Rhythm
- Healing Rhythm
- Peace Rhythm

These sections represent a small facet of what every single woman needs to understand about herself, think about, or focus on, in order to thrive in singleness fearlessly and courageously. With over 175 pages, included in each section are:

- Inspirational Quotes,
- Daily Affirmation Prompts,
- Writing Prompts,
- Scripture References,
- Exercises, and
- Creative, Freewrite Space.

This engaging and inspiring guided journal will help you thrive as a purpose-driven, limitless single woman, despite the promise of a relationship or marriage.



FEATURES

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