

No need to ask

Astoria resident publishes debut book

BY JANA EASLON

Astoria resident Christina Ellis wears many hats.

She is a sculptor, business coach, paraglider, mother and nature connoisseur. With the release of her debut book, “You Don’t Need Permission: Finding your path to a purely authentic life,” she also is now an author.

In the book, Ellis shares thoughts she has gathered based on her life. The book captures what it means to live through “It,” and how women are capable of taking back their time and energy. Ellis takes inspiration from self-help author Brené Brown and writer Cheryl Strayed, inspiring women to listen to themselves and pursue their passions.

“I don’t have degrees to sit on and I don’t have theories to espouse. But what I do have is a lot of real life experience, both mine and people that I talk to all day, every day,” Ellis said. “Those experiences became this sort of conversation that I wanted to have with women to say, ‘Hey, are you looking at this?’ There’s a real power in ownership, like owning your decisions and owning your values and standing up for what you believe in. It may or may not be right. That’s not for anybody else to judge but how freeing is it to be able to say, ‘This is me, this is who I am.’”

In the beginning of the book, readers are

Where to buy the book

‘You Don’t Need Permission: Finding your path to a purely authentic life’ is available to purchase online at christinaellis.com/book-ydnp.

taken along Ellis’ journey of “living with intention,” an ethos that has always stuck with Ellis, she said.

“Living with intention is not like you work, work, work, or I should spend less time on social media,” she said. “That is not what I talk about. I’m talking about taking a look at the choice you have to make on how you want your day to look like and what you want your life to look like. And then do those things that will make your life get to that point. Say you want to be a writer and you don’t do anything to be a writer. You’re lying to yourself somewhere along the way. And what I’m saying is let’s get rid of it. Let’s dig into that lie. Let’s figure out what that is. And either remove it or decide that you’re not going to be a writer.”

“But whatever you choose to do, let’s do it with intentionality,” she continued. “Most of my clients have kids and I had kids. People always say, ‘Oh my gosh, it’s the best time. Don’t let it slip away.’ And people go, ‘Yeah, yeah, yeah.’ And guess what they do, they let it slip away. And you can’t get that time back. And so what I’m saying is be intentional in the beginning so that you actually live your life the way you

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Christina Ellis



Christina Ellis spends her time doing many activities, including sculpting. Pictured are three sculptures she created.