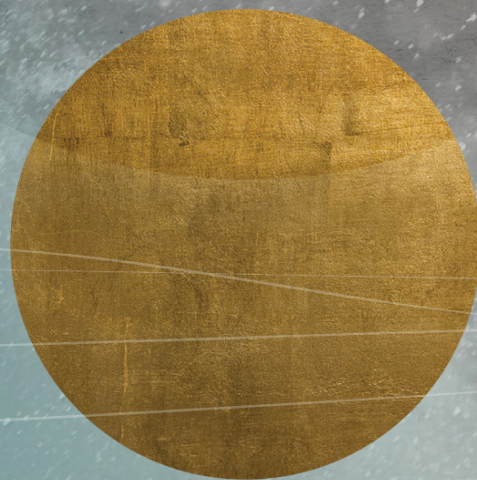




sounds true

W A K I N G U P T H E W O R L D



SPRING 2022

**SELF-HELP / SPIRITUAL**

Sounds True | 5/17/2022

9781683649144 | \$22.99 / \$29.99 Can.

Hardcover with dust jacket | 240 pages

8 in H | 5 in W

Other Available Formats:

Audio ISBN: 9781683649182

MARKETING

\$50K launch campaign, including book landing page / email journey / video campaign / social advertising campaign

Major pre-order campaign, targeting author community (250K email and 425K social)

Major social/online/video advertising campaign, targeting author's followers on YouTube, Instagram, and Facebook

Print/digital advertising in consumer and trade outlets

Promotion via author's events / workshops / speaking engagements

Wide finished book mailing, seeking promotion from endorsers, community vo...

All for Love

The Transformational Power of Holding Space

Matt Kahn

A perfectly timed resource to help us communicate with consciousness and compassion in times of division and uncertainty

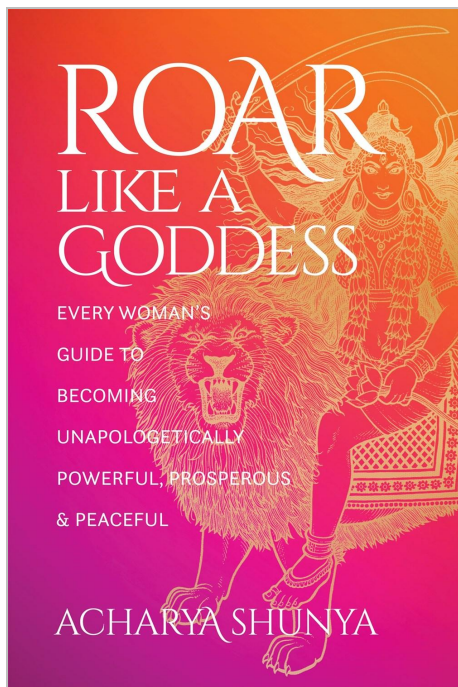
Love thy neighbor. Lovingkindness. The love of the universe. From traditional religions to new spirituality, *love* is the foundation on which all practice rests. We all embrace the idea of love ... and then we get on Facebook.

Whether divided by race, gender, sexual orientation, identity preference, or opinion, the incredible moral and social division in our world has become a source of pain and confusion for so many people. We know that love and unity are beautiful ideals, but the question remains: How do we get there?

In what may be his boldest and bravest book yet, bestselling author Matt Kahn teaches us how to remain aligned with our highest truths and values no matter what differences or challenges we face, so we may create an opportunity to heal the painful patterns that keep us small, stuck, and separate from each other.

Throughout the book, Kahn shares ten essential principles—mercy, worthiness, bravery, and more—that help us access the highest and most loving qualities within ourselves and others. Each chapter contains personal stories and real-world applications, guiding us to reach into our own hearts and give one another the respect, validation, and encouragement needed to make it through the evolutionary shifts before us. Shifts into greater unity, and greater love.

Matt Kahn is an author, spiritual teacher, and highly attuned empath. Since experiencing a series of rare and spontaneous awakenings that began at the age of eight, he has been instrumental in transforming lives worldwide through his insights and heart-centered teachings, which include his popular YouTube videos. For more, visit TrueDivineNature.com.



**BODY, MIND & SPIRIT /
SPIRITUALISM**

Sounds True | 7/5/2022
 9781683648826 | \$19.99 / \$25.99 Can.
 Trade Paperback | 300 pages
 9 in H | 6 in W
 12 to 24 B&W art images for chapter starts

Roar Like a Goddess

Every Woman's Guide to Becoming Unapologetically Powerful, Prosperous, and Peaceful

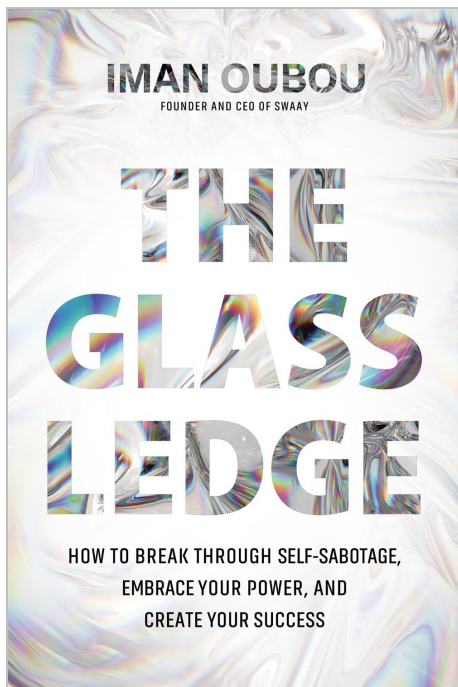
Acharya Shunya

The goddesses of India awaken our inherent power, abundance, and freedom in this guide from trail-blazing female spiritual teacher Acharya Shunya.

Roar Like a Goddess presents the primary goddesses of ancient India as way-showers and wisdom-bearers for present-day women still facing the reality of patriarchy. Goddess Durga rules the first of three sections, a role model against internalized misogyny, an archetype to help us to take back our Shakti, or feminine Power. Goddess Lakshmi then models internally sourced satisfaction and the power of contentment and declares our right to Abundance. Lastly, Goddess Sarasvati offers Freedom, the knowledge of who we are beyond the body that is our ultimate power.

Reclaiming the empowered female voices inherent to her tradition, Acharya Shunya offers less of a Hindu mythology book and more of feminist spiritual manifesto. Here tales of goddesses winning battles with demons parallel real-life stories of women in both historic and contemporary times. We learn of the emotional and social demons they faced, their journey of self-reclamation, their reassertion of an inner goddess identity that is “invincible, self-approving womanhood.” Most profoundly, we learn the mantras and empowering contemplations that supported the author when she broke with tradition to divorce her husband and claim her own sovereignty as a woman. With this book, she hopes to offer women a decolonized spirituality, and a vision of global transformation centered on women of power, wisdom, abundance, resilience, and freedom.

Acharya Shunya is an internationally renowned and award-winning spiritual teacher dedicated to improving health and elevating consciousness worldwide. A scholar of nondual wisdom (Advaita) and a classically-trained master of Yoga and Ayurveda, she is the first female head of her 2,000-year-old Indian Vedic spiritual lineage. A resident of Northern California, she is president of The Awakened Self Foundation and founder of the spiritual and philanthropic nonprofit Vedika Global.



SELF-HELP / PERSONAL GROWTH / SUCCESS

Sounds True | 5/10/2022
 9781683648598 | \$25.99 / \$33.99 Can.
 Hardcover with dust jacket | 256 pages
 9 in H | 6 in W

Other Available Formats:
 Audio ISBN: 9781683649816

MARKETING

Pre-order campaign, targeting author community (90K email and 150K social)

Social media/online/video advertising campaign, targeting women's professional associations and women's empowerment communities

Print/digital advertising in core market consumer and trade outlets

Promotion via author's corporate speaking engagements

Finished book mailing, seeking promotion from author's connections to female leaders in the corporate, media, and fashion industries

Promotion across ST social media platforms (6...

The Glass Ledge

How to Break Through Self-Sabotage, Embrace Your Power, and Create Your Success

Iman Oubou

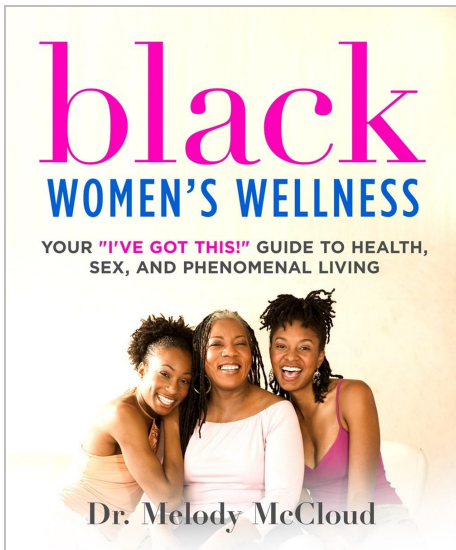
A disruptive guide to help women reject societal double standards and succeed by showing up as their authentic, vulnerable, powerful selves.

We've all heard of the "glass ceiling" for women. Yet even for women who break through the societal barriers to success, there's another danger: the glass ledge. "When the very qualities that help us achieve greatness turn into self-defeating behaviors, that's when we trip over the glass ledge," teaches Iman Oubou. "Yet we don't need to lose ourselves to become the ideal image of a hardworking, camera-ready woman. There is a better way to fulfill our dreams—one that allows us to be ourselves, on our own terms."

With *The Glass Ledge*, Oubou offers a disruptive guide that explores the 10 most common themes around which women tend to derail themselves. Each chapter focuses on one of these self-sabotaging themes, incorporating counterintuitive and eye-opening information, as well as anecdotes from the author's personal journey, stories from other high-profile, successful women, and scientific research about why we act the way we do—and how to reclaim the story of our lives.

While societal norms around gender dynamics have shifted, there's still a long way to go. "We don't have to wait for the culture to change for us," Oubou says. "Each of us has the power to change the beliefs and behaviors we don't want." *The Glass Ledge* is a practical and inspired call for any woman who wants to rewrite the narrative of success—and pay her efforts forward into the world.

Iman Oubou is a Moroccan American, self-made entrepreneur, former beauty queen, and published scientist on a mission to change the women's media landscape. Through her diverse experience with business, pageantry, and STEM, Iman noticed gender disparities in the workforce and an omnipresent bias across printed and digital media. She founded SWAAY, an all-in-one publishing platform for women, to champion the voices of female change-makers through the power of storytelling. She lives in New York C...



HEALTH & FITNESS / WOMEN'S HEALTH

Sounds True | 10/25/2022

9781683648765 | \$28.99 / \$37.99 Can.

Hardcover with dust jacket | 320 pages

9 in H | 7.5 in W

Approx. 10 2-C illustrations

Black Women's Wellness

Your "I've Got This!" Guide to Health, Sex, and Phenomenal Living

Melody McCloud

A groundbreaking, comprehensive, much-needed health reference book to help Black women live healthy, long, and strong in the 21st century

For far too long, Black women have suffered worse health-care outcomes than other women, and a change is overdue. With *Black Women's Wellness*, award-winning obstetrician-gynecologist Dr. Melody T. McCloud has written an indispensable and empowering guide to help Black women lead happier, healthier lives.

Despite technological advances, insurance, education, and medical access, Black women still carry the highest incidence of and worst prognosis for many conditions—such as cancer, heart disease, and maternal mortality. Additionally, they face ongoing and often-overlooked psycho-social factors—from negative media stereotypes to general racism—that adversely affect their physical well-being.

With personal anecdotes and a wealth of knowledge, Dr. McCloud addresses all of these unique issues and more, so you can take charge of your health as never before—including navigating and advocating for yourself within the medical system.

Written in an easy-to-understand, conversational tone, *Black Women's Wellness* is filled with professional medical advice, sexology, sociology, psychology, dashes of pop culture, and doses of personal responsibility. A groundbreaking resource for Black women of all ages, this book encourages you to reach high, empower yourself with knowledge, and not let the legacy of dismal statistics deter your successful journey to health and happiness.

Melody T. McCloud, MD, is an ob-gyn, media consultant, public speaker, and author. She is the founder and medical director of Atlanta Women's Health Care, PC, and lectures nationwide on women's health. She has received many awards, including Physician of the Year by *Atlanta Business Chronicle*, and has appeared in several major media outlets: CNN, ABC, NBC, *USA Today*, the *Washington Post*, *Parade*, *Essence*, and more. She resides in Atlanta. For more, visit drmccloud.com.



GOOD MORNING, I LOVE YOU

Mindfulness +
Self-Compassion
Practices to Rewire Your
Brain for Calm, Clarity + Joy

SHAUNA SHAPIRO PHD

FOREWORD BY DANIEL J. SIEGEL, MD
author of *Aware* and *Mindsight*

SELF-HELP / PERSONAL GROWTH / SELF-ESTEEM

Sounds True | 5/3/2022

9781683649441 | \$17.99 / \$23.50 Can.

Trade Paperback | 256 pages

8 in H | 5.3 in W

MARKETING

Pre-order campaign, targeting author community (25K combined email & social)

Promotion via author's events at retreat centers, universities, and corporate engagements

Promotion across ST social media platforms (675k followers)

Feature in What's New at ST eNL (2M subscribers)

Dedicated Author Letter email to targeted segment of ST list

Insights at the Edge podcast (50K downloads) promoted via ST email and social

Promotion in ST Book Club Facebook group (7K+ members)

Promotion on ST blog and/or SoundsT...

Good Morning, I Love You

Mindfulness and Self-Compassion Practices to Rewire Your Brain for Calm, Clarity, and Joy

Shauna Shapiro

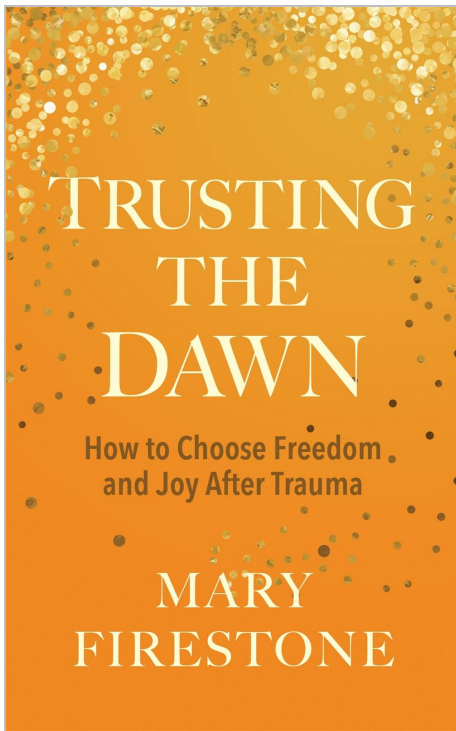
A renowned psychologist shares the science of self-compassion and offers powerful practices for greater calm, clarity, and joy.

Have you ever wondered why it is so hard to change? It is because you're probably missing one key ingredient: self-compassion. In *Good Morning, I Love You*, Dr. Shauna Shapiro, one of the leading scientists studying the effects of mindfulness and self-compassion, brings alive the brain science—and explains why we get stuck in negativity and judgments that don't serve us.

Usually, we try to make changes in our lives by pushing ourselves, judging ourselves, and then beating ourselves up when we don't succeed. But science shows this doesn't work—and that self-judgment and shame actually shut down the learning centers of the brain. As Dr. Shapiro reveals, the simple yet profound switch to self-kindness allows you to rewire your brain for greater positivity, creativity, and joy.

Though our brain's "negativity bias" evolved as a survival trait, in our modern world we need to re-train ourselves towards positivity in order to have a full experience of life. "It's never too late to start, no matter where you are in your life," says Dr. Shapiro. In lively, short chapters laced with science, wisdom, and story, she provides a powerful roadmap to guide you—including her signature "Good morning, I love you" practice for starting each day. "The research is clear," she says; "You can change your brain's circuitry and root yourself in feelings of deep calm, clarity, and joy—for good."

Shauna Shapiro, PhD, is a clinical psychologist and an internationally recognized expert in mindfulness and self-compassion. She is a widely published scholar, and her TEDx Talk on this topic has been viewed well over 2 million times. She is a professor at Santa Clara University and a fellow of the Dalai Lama's Mind and Life Institute. Dr. Shapiro lives in the San Francisco Bay Area and can be found online at drshaunashapiro.com.



**SELF-HELP /
SELF-MANAGEMENT / STRESS
MANAGEMENT**

Sounds True | 8/23/2022
9781683649120 | \$25.99 / \$33.99 Can.
Hardcover with dust jacket | 280 pages
9 in H | 6 in W

Trusting the Dawn

How to Choose Freedom and Joy After Trauma

Mary Firestone

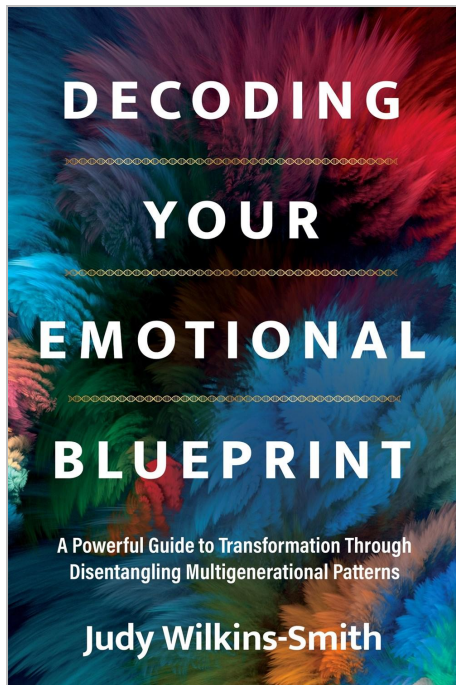
A comprehensive guidebook for finding empowerment, meaning, and happiness on the other side of trauma

Mary Firestone survived the unthinkable. In 2018 she lived through the Montecito mudslide that dropped 200 million gallons of rainfall in 15 minutes, washing away her home. Trapped alone in her bathroom while pregnant, not sure if her husband and four-year-old son were still alive, she wasn't thinking that her trauma was a gift in disguise. Yet, as she began her journey to healing, this is exactly what she discovered.

In *Trusting the Dawn*, Firestone draws from both her own real-life experiences and her background in clinical psychology to offer a radical, integrative handbook for not only healing from trauma but awakening to even more joy and meaning because of your experiences. Stories of triumphant survival and interviews with experts bring to life an extensive resource guide and a holistic toolkit filled with a wide variety of pathways to healing—from movement therapies like yoga, to aromatherapy and flower essences, to traditional talk therapy and support groups, to pharmacology and Chinese medicine, to mystical healing methods, and much more.

Central to Firestone's teachings is the idea that your trauma, in whatever form it slayed you, can become an initiation into a fuller, more illuminated, and more joyful life. *Trusting the Dawn* is a call to action to see that you are more complex, multi-dimensional, connected, and powerful, not *in spite* of what you've been through, but *because* of what you've endured.

Mary Firestone is a graduate of Princeton University and has an MA in clinical psychology from Pepperdine University. Her own transformative epiphanies led her, along with her sister Lucy, to found their company Firestone Sisters Inc. in 2012, with the aim of providing others with healing and growth opportunities. She's been featured in *Goop*, *Well+Good*, and *Forbes*. Learn more at firestonesisters.com. She resides in California.



PSYCHOLOGY / PSYCHOTHERAPY

Sounds True | 6/7/2022
9781683648888 | \$18.99 / \$24.99 Can.
Trade Paperback | 200 pages
9 in H | 6 in W

MARKETING

Pre-order campaign, targeting author community (20K email and 8K social)

Promotion via author's events / speaking engagements / affiliated organizations

Finished book mailing, seeking promotion from endorsers, community voices, network

Promotion across ST social media platforms (675K followers)

Feature in What's New at ST eNL (2M subscribers)

Dedicated Author Letter email to targeted segment of ST list

Insights at the Edge podcast (50K downloads) promoted via ST email and social

Promotion in ST Book...

Decoding Your Emotional Blueprint

A Powerful Guide to Transformation Through Disentangling Multigenerational Patterns

Judy Wilkins-Smith

Break free from the patterns that hold you back and achieve new heights of success with a groundbreaking approach to constellations work.

Your life is not a train wreck. Even if you feel like everything has gone off the rails over and over again, transformation is possible. The key lies in decoding the patterns that got you here—unconscious patterns that you inherited from your family system.

In *Decoding Your Emotional Blueprint*, transformational and systemic coach Judy Wilkins-Smith helps readers break free from the patterns that hold them back so they can create lives of greater meaning and impact. “While everyone knows that we inherit our physical DNA from our ancestors,” she writes, “few people realize that we also inherit multiple generations of patterns of decisions, thoughts, feelings, actions, and mindsets—an ‘emotional blueprint’ that is deeply unconscious, yet faithfully repeated.”

According to Wilkins-Smith, one of the most effective ways to shift these unconscious, inherited patterns is by working with systems dynamics and constellations. With *Decoding Your Emotional Blueprint*, she makes the profound implications of these models immediately accessible to anyone searching for personal healing and transformation.

Drawing from neuroscience, epigenetics, genealogy, and quantum physics, Wilkins-Smith shares a variety of strategies and practices that will help you detect hidden and multigenerational patterns, recognize their purpose, and then break the cycles, to create an extraordinary life.

Judy Wilkins-Smith offers deep insights into our inherited emotional...

Judy Wilkins-Smith is a highly regarded organizational, individual, and family patterns expert. A systemic executive coach, trainer, facilitator, thought partner, and leadership conference and motivational speaker, she has 18 years of expertise in assisting high performance individuals, Fortune 500 executives, and legacy families to end limiting cycles and reframe challenges into lasting breakthroughs and peak performance. She resides in Houston, TX. For more, visit judywilkins-smith.com.

Kristen Lee EdD LICSW



Worth the Risk

How to Microdose Bravery to Grow
Resilience, Connect More, and Offer
Yourself to the World

SELF-HELP / PERSONAL GROWTH / SUCCESS

Sounds True | 6/14/2022

9781683648505 | \$25.99 / \$33.99 Can.

Hardcover with dust jacket | 288 pages

9 in H | 6 in W

MARKETING

Promotion via author's academic and stress management speaking engagements nationwide

Finished book mailing, seeking promotion from author's academic connections and colleagues

Promotion across ST social media platforms (675K followers)

Dedicated Author Letter email to targeted segment of ST list

Insights at the Edge podcast (50K downloads) promoted via ST email and social

Promotion in ST Book Club Facebook group (7K+ members)

Promotion on ST blog and/or SoundsTrue.com homepage

Amazon A+ page

National ...

Worth the Risk

How to Microdose Bravery to Grow Resilience, Connect More, and Offer Yourself to the World

Kristen Lee

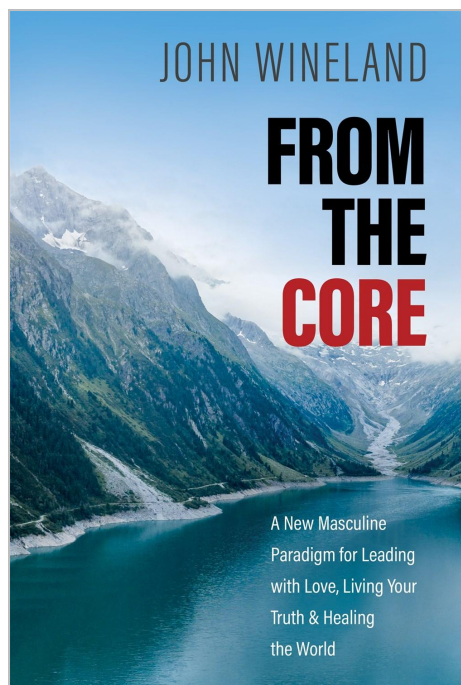
An award-winning behavioral scientist shares a practical guide on using strategic risk-taking to build resilience, courage, and connection.

Are you tired of being pumped with constant messages of fear and anxiety—that the future is bleak, and that we lack the grit our ancestors had to make it through? “Neuroscience has good news about our capacity to adapt—and thrive,” says Kristen Lee. “We are wired to overcome. Trusting in ourselves, even in a hostile world, is worth the risk.” With *Worth the Risk*, Lee shares a powerful guide to help you access your inner resources of courage, resilience, and creativity.

Our current culture has left many of us unwilling to step outside of our “safe spaces”—whether that means sheltering from the pandemic in our homes or feeling afraid to speak up when any discussion might explode into an argument; yet our search for safety can go too far, diminishing our self-worth and participation in life. Fortunately, the latest research shows us that by “microdosing” small acts of bravery and connection, we can regain our confidence in our own adaptability, ingenuity, and sense of value to ourselves and one another.

In each chapter of *Worth the Risk*, Lee provides a solid dose of brain science combined with practical actions to activate strengths and sustain yourself through challenges. “You are not at the mercy of life,” she teaches. “You can learn to be the architect of your experience and know without doubt that you have what it takes to shine as an inexplicable, untamable force of nature.”

Kristen Lee, EdD, LICSW, is an award-winning Behavioral Science and Leadership professor, clinician, researcher, activist, comedian, author of *Reset* and *Mentalligence*, and host of *Crackin’ Up*. She has over two decades of clinical experience in mental health, and twelve years of teaching and leadership roles in higher education, focusing on underserved populations. She leads the Behavior Science program at Northeastern University. She lives in Boston, Massachusetts. For more, visit kristenlee.com...



SELF-HELP / PERSONAL GROWTH

Sounds True | 6/28/2022
 9781683649106 | \$19.99 / \$25.99 Can.
 Trade Paperback | 280 pages
 9 in H | 6 in W

MARKETING

Multiple email promotions to Sounds True's email list of 2M subscribers

Dedicated social media campaign reaching Sounds True's 675K combined followers

Author-driven preorder campaign with bonus content and promotion via his courses, email newsletter and social platforms (110k combined)

Cross-promotion with influential members of author's spirituality and self-help community

National print, digital, and podcast publicity campaign

Tie into author's speaking/events schedule, as appropriate

From the Core

A New Masculine Paradigm for Leading with Love, Living Your Truth, and Healing the World

John Wineland

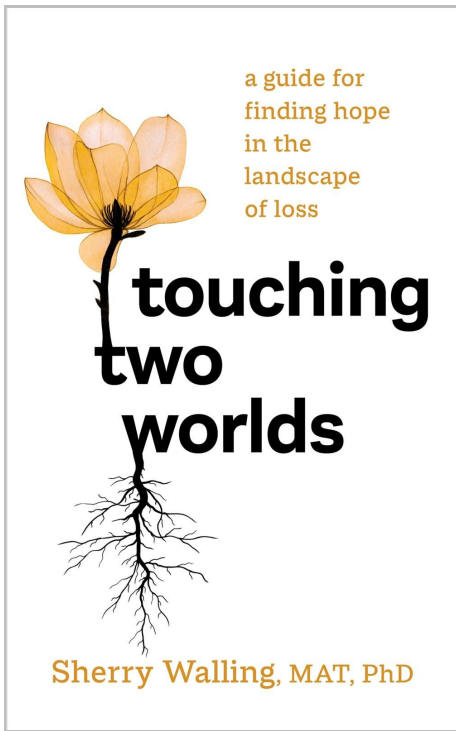
A respected leader in men's work shares a practical guide to redefine, heal, and re-embrace masculinity in our world.

For men who reject toxic ideals of conquest and oppression that once defined masculinity, what comes next? How do we define the new paradigm that is wanting to emerge? "Authentic masculinity is a transmission of love and freedom, not dominance," teaches John Wineland. "It invites us to feel deeply, disavow numbness, and turn away from ego-driven dogma that has harmed women, the planet, and men themselves." With *From the Core*, this renowned teacher presents a vision of awakened masculinity rooted in conscious awareness, unflinching responsibility, and true leadership.

Men want to live in integrity, know their purpose, and love well—yet most are never shown how. Here, Wineland presents eleven core concepts for masculine evolution—including ways to strengthen your biology, strip away egoic delusions, become a trustworthy healing presence for women, and more. Through guided practices and a fearless exploration of truth, Wineland helps us step powerfully into this unprecedented moment in history.

Wineland's mentor David Deida threw down the gauntlet for men in his classic book, *The Way of the Superior Man*. In this shifting time when we must navigate gender fluidity, sexual politics, and the new rules of intimacy, *From the Core* delivers a compelling call to advance our exploration of what masculinity means—so each of us can step up, open up, and be of service in our unique way.

John Wineland is an LA-based men's group facilitator, speaker, and teacher who has been guiding both men and women in the realms of life purpose, relational communication, sexual intimacy, and embodiment. Drawing from intensive study with David Deida, as well as the deep lineages of Vajrayana, Tantra, Kundalini, and Qigong, he seeks to create a profound experience for men and women longing to express their deepest desires with open, fierce, and loving hearts. For more, visit johnwineland.com.



SELF-HELP / DEATH, GRIEF, BEREAVEMENT

Sounds True | 7/12/2022
 9781683649670 | \$17.99 / \$23.50 Can.
 Trade Paperback | 240 pages
 8 in H | 5 in W

Touching Two Worlds

A Guide for Finding Hope in the Landscape of Loss

Sherry Walling

After losing her father to cancer and brother to suicide, a trauma psychologist shares new healing strategies for coping with extreme loss.

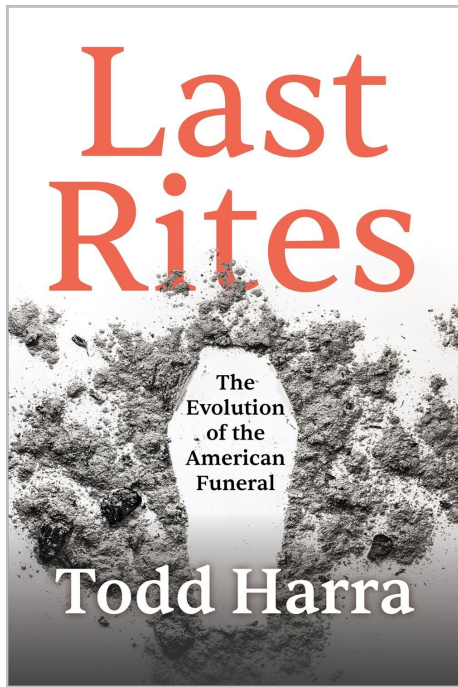
As a therapist, Dr. Sherry Walling knew all the “right” things to say to help people through grief. But when she lost her father and her brother within six months of each other, she learned how much our current thinking about grief has to change. “There is no precise GPS for getting through grief,” says Dr. Walling. “And truth be told, we never arrive on the other side. It is a landscape we live in now.”

In *Touching Two Worlds*, this trusted expert dares to open the inner workings of her own grief—and in the process, provides a clear map for anyone searching for hope in the aftermath of loss. The book is the ideal gift to bring comfort to friends and family when there are few helpful words to say—written with honesty, gentle humor, and deep understanding.

Dr. Walling shares moving personal stories while offering a broad range of healing strategies and exercises for those currently moving through grief—like how to talk to bereaved people, cry on airplanes, and cope with survivor’s guilt. These are tips from someone who has been there, as well as approaches supported by her professional experience with her own patients.

Touching Two Worlds is a story of love, sadness, and renewal. Whether your loss is recent and sharp or old and familiar, Dr. Walling delivers wise and tender guidance through this new land—to carry the weight of grief while finding your own path forward.

Sherry Walling, MAT, PhD, is a clinical psychologist, speaker, podcaster, yoga teacher, and entrepreneur. Her life’s work is helping high-achieving people navigate painful and complex experiences. Her podcast, *ZenFounder*, has been called a “must listen” by both *Forbes* and *Entrepreneur* magazines and has been downloaded more than a million times. Learn more at sherrywalling.com.



SOCIAL SCIENCE / DEATH & DYING

Sounds True | 8/2/2022

9781683648055 | \$26.99 / \$34.99 Can.

Hardcover with dust jacket | 328 pages

9 in H | 6 in W

Last Rites

The Evolution of the American Funeral

Todd Harra

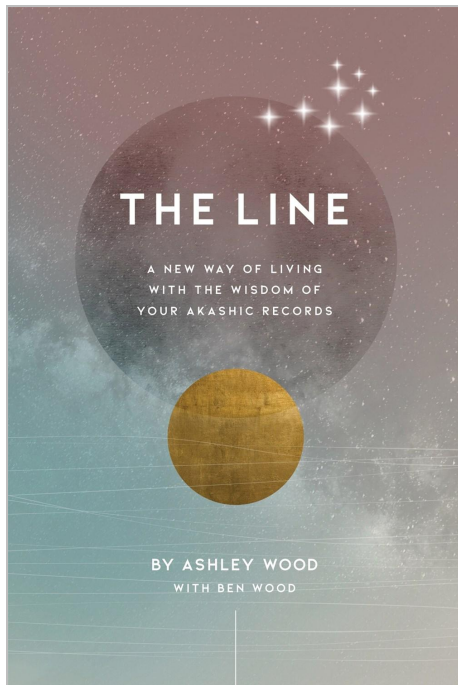
Author and undertaker Todd Harra shares a fascinating and oft-surprising exploration of the history and meaning of funeral rituals.

Why do we embalm the deceased? Why are funerals so expensive? Is there a reason coffins are shaped the way they are? Where does the tradition of viewing the body come from? Ceremonies for honoring the deceased are crucial parts of our lives, but few people know where our traditional practices come from—and what they reveal about our history, culture, and beliefs about death. In *Last Rites*, author Todd Harra takes readers on a fascinating exploration of American funeral customs—exploring where they came from, what they mean, and how they are still evolving.

Funeral practices are always changing—sometimes due to technology, respect for tradition, shifting sensibilities, or even to thwart grave robbers. Here you'll learn about the ancient influences for American rites, how the funerals of political figures and fallen soldiers shaped our practices, answers to the most puzzling enigmas about the undertaker's craft, and much more.

The American funeral continues to evolve. Today, many people are turning to approaches such as green burial, mushroom suits, Aquamation (flameless cremation), and even composting. Whether you're planning a funeral service or are simply intrigued by the meaning behind American burial practices, *Last Rites* is an informative and compelling exploration of the history—and future—of the ceremonies we use to say farewell to those who have departed this world.

Todd Harra has over a decade of experience as a licensed funeral director and embalmer, and is a certified postmortem reconstructionist and cremationist. He has cowritten two nonfiction books about the profession, *Mortuary Confidential* and *Over Our Dead Bodies*, and is an associate editor for *Southern Calls*, a renowned journal in the funeral profession. He is a member of the board of the Delaware State Funeral Directors Association and lives in Wilmington, Delaware. For more, visit todddharra.com.



**BODY, MIND & SPIRIT /
SPIRITUALISM**

Sounds True | 5/31/2022
 9781683647836 | \$18.99 / \$24.99 Can.
 Trade Paperback | 256 pages
 9 in H | 6 in W
 2 simple B&W illustrations

The Line

A New Way of Living with the Wisdom of Your Akashic Records

Ashley Wood

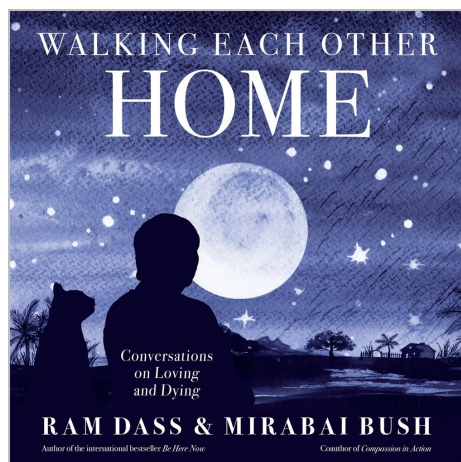
A modern, clear, accessible guide to connect to the energy of your highest self and show up every day with intention, clarity, and perspective.

In *The Line*, Ashley Wood teaches that within each of us is an energetic Line connecting us to the Highest Realm, the same realm of our Akashic Record, which contains information on our entire soul journey. Every second of our lives, we receive messages through the Line—often in the form of “gut feelings,” “intuitive hits,” or “pings”—that can guide us to the life our soul intended. We only need to be present and actively listen to pick them up. These messages help us discover our unique purpose, the lessons we’ve brought with us to this life, and how our past life experiences impact our daily experience in this life. Living in the Line empowers you to show up every day with intention, clarity, and perspective.

The practice starts with a Line Activation, a simple daily ritual that combines breath and movement to align our energetic frequency to our Line so we can receive and understand our messages. The messages we receive can offer guidance on everything from big life problems to daily dilemmas. Readers will also learn to see where and what they’re giving their energy to, how to set energetic boundaries, how to overcome doubt, and when to take action on their messages. Finally, readers will also learn that the world is a mirror to the energy they are holding, and how to take responsibility and show up in the world in an elevated and aligned way while still navigating social life, family dynamics, careers, and world events.

The p...

Ashley Wood is on a mission to modernize the Akashic Records by teaching you how to use the Line to access the infinite wisdom of your soul and align with your highest self. There’s an energetic Line running within you that connects you to the same realm as your Akashic Record. From the moment you were born you’ve been receiving messages through this Line that guides you to the life you incarnated to live. Learn more about A Line Within and Ashley’s work on her website, Instagram, and on her pod...



**BIOGRAPHY & AUTOBIOGRAPHY
/ PERSONAL MEMOIRS**

Sounds True | 5/17/2022
9781683649427 | \$22.99 / \$29.99 Can.
Trade Paperback | 240 pages
8 in H | 8 in W
2-C illustrated

Walking Each Other Home

Conversations on Loving and Dying

Ram Dass, Mirabai Bush

An intimate dialogue between two friends and luminaries on love, death, and the spiritual path, with guidance for the end-of-life journey.

We all sit on the edge of a mystery. We have only known this life, so dying scares us—and we are all dying. But what if dying were perfectly safe? What would it look like if you could approach dying with curiosity and love, in service of other beings?

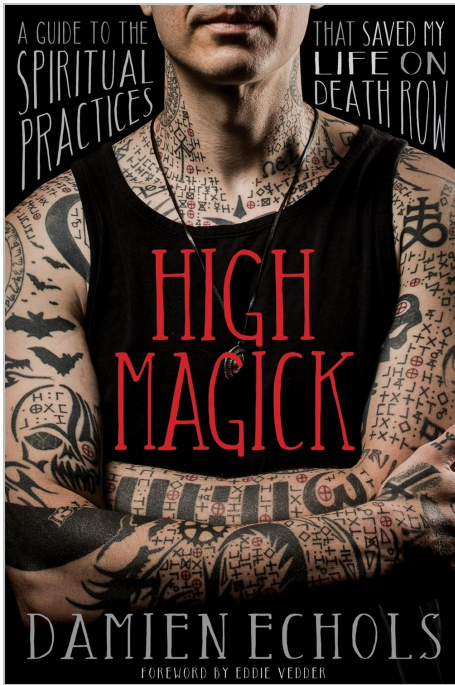
Ram Dass and Mirabai Bush began their friendship more than four decades ago at the foot of their guru, Neem Karoli Baba, also known as Maharaj-ji. After impacting millions of people through the years with their teachings, these friends reunited to share an extraordinary dialogue on the dying process—which became the foundation for *Walking Each Other Home*.

In this book, published just a year before Ram Dass passed, readers will learn about: guidelines for being a “loving rock” for the dying, how to grieve fully and authentically, how to transform a fear of death, leaving a spiritual legacy, creating a sacred space for dying, and much more.

“Everybody you have ever loved is a part of the fabric of your being now,” says Ram Dass. The body may die, but the soul remains. Death is an invitation to a new kind of relationship, in the place where we are all One. Experience a profound exploration by two lifelong friends and spiritual luminaries on what it means to live and die consciously, remember who we really are, and illuminate the path we walk together.

RAM DASS (1931-2019), born Richard Alpert, was the founder of the Love Serve Remember Foundation and the author of many books, including the spiritual classic *Be Here Now*. His work continues to be a path of wisdom and inspiration. For more, visit ramdass.org.

MIRABAI BUSH is the founder and director of the Center for Contemplative Mind in Society, and responsible for the Search Inside Yourself program at Google. She lives in Massachusetts. For more, visit mirabaibush.com.



BODY, MIND & SPIRIT / MAGICK STUDIES

Sounds True | 7/26/2022

9781683649434 | \$18.99 / \$24.99 Can.

Trade Paperback | 216 pages

9 in H | 6 in W

B&W illos from author

High Magick

A Guide to the Spiritual Practices That Saved My Life on Death Row

Damien Echols

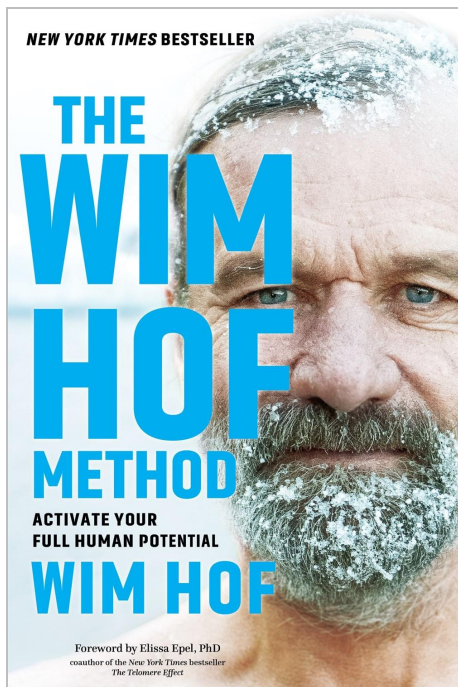
Damien Echols's first instructional book on Western ceremonial magick as a path for transforming yourself and your reality.

At age 18, Damien Echols was sentenced to death for a crime he didn't commit. "I spent my years in prison training to be a true magician," he recalls. "I used magick—the practice of reshaping reality through our intention and will—to stave off incredible pain, despair, and isolation. But the most amazing feat of all that practice and study was to manifest my freedom." With *High Magick*, this bestselling author shares his first instructional book on the powerful spiritual practice that helped him overcome his struggles—so you can learn how to transform your own reality.

What is High Magick? The tradition Damien teaches is not about stage tricks or illusions—it is an ancient discipline of spiritual realization kept alive for thousands of years. Here he offers clear training for modern audiences on meditations and practices such as the Four-Fold Breath, the Qabalistic Cross, the Lesser Rituals of the Pentagram, using sigils and talismans, and working with angelic forces of creation.

"Magick is a journey," teaches Damien. "It's a continuously unfolding path that has no end—meant for questioners, seekers, and those who desire to peel away the surface of reality to see what lies beneath." If you're ready to discover your untapped potential for co-creating your reality with the energy of the divine, then join this extraordinary teacher to begin your training in *High Magick*.

Damien Echols is the author of the *New York Times* bestseller *Life After Death, Yours for Eternity* (with his wife Lorri Davis), and *Angels and Archangels*. His wrongful conviction, sentencing, and eventual release as part of the West Memphis Three case is the subject of the documentaries *Paradise Lost* and *West of Memphis*. Today he is a prominent teacher of magick. He and Lorri live in Harlem. For more, visit damienechols.com.



HEALTH & FITNESS / ALTERNATIVE THERAPIES

Sounds True | 5/31/2022
9781649630209 | \$18.99 / \$24.99 Can.
Trade Paperback | 232 pages
9 in H | 6 in W

MARKETING

Preorder campaign with author community
(300K email + 2.5M social)

YouTube ad campaign with book trailer

Facebook ad campaign driving to author
book page

Trade advertising in PW and Shelf
Awareness Pro

National print and digital publicity
campaign

Podcast outreach with a focus on spiritual
interest and men's interest podcasts

Targeted outreach to fitness and lifestyle
media

The Wim Hof Method

Activate Your Full Human Potential

Wim Hof

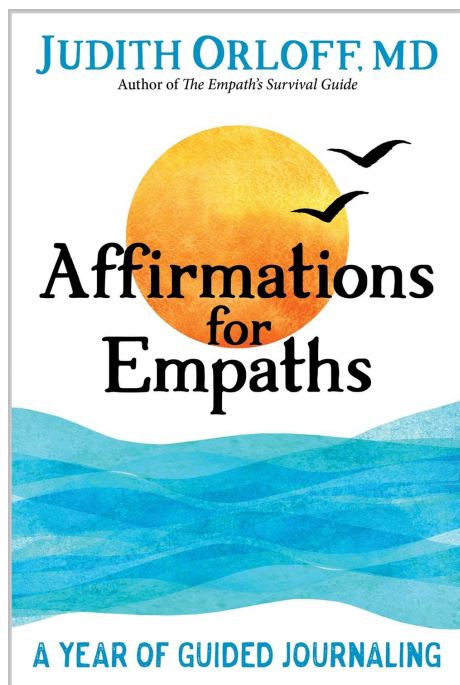
The only definitive book authored by Wim Hof on his powerful method for realizing our physical and spiritual potential—now in paperback.

Wim Hof has a message for each of us: “You can literally do the impossible. You can overcome disease, improve your mental health and physical performance, and even control your physiology so you can thrive in freezing temperatures.” With his *New York Times*–bestselling debut book, *The Wim Hof Method*, this trailblazer of human potential shared a method that *anyone* can use—not just extreme athletes or spiritual masters—to supercharge one’s capacity for strength, health, and happiness. Now, this popular book is available in paperback.

Wim Hof has become a modern legend for his astounding achievements, such as withstanding extreme temperatures, breaking world records, and running barefoot marathons over deserts and ice fields. In his gripping and passionate voice, Hof shares the story of how he developed his method, along with testimonials and new insights from university research studies on the method’s amazing results. With guidance suited for any reader—young or old, sick or healthy—you’ll learn how to harness three key elements—Cold, Breathing, and Mindset—to take charge of your own mind and metabolism.

The most important result of Hof’s method goes beyond improved health or performance—it is a path for reconnecting with your spiritual nature. “With these practices, you awaken to your inner source of power and fulfillment,” he says. “You find you can control your destiny.”

Wim Hof, a.k.a., “The Iceman,” holds multiple world records for his feats of endurance and exposure to cold. The benefits of his method, now practiced by tens of thousands, have been validated by eight university research studies. He has been featured on the BBC, VICE Media, The Discovery Channel, Joe Rogan, Tim Ferris, and *School of Greatness* podcasts, and in the bestselling book *What Doesn't Kill Us* by Scott Carney. He lives in the Netherlands with his family. For more, visit wimhofmethod.com.



SELF-HELP / PERSONAL GROWTH

Sounds True | 8/9/2022
 9781683649731 | \$17.99 / \$23.50 Can.
 Trade Paperback | 232 pages
 8.3 in H | 5.5 in W
 2-C embellishments

Affirmations for Empaths

A Year of Guided Journaling

Judith Orloff

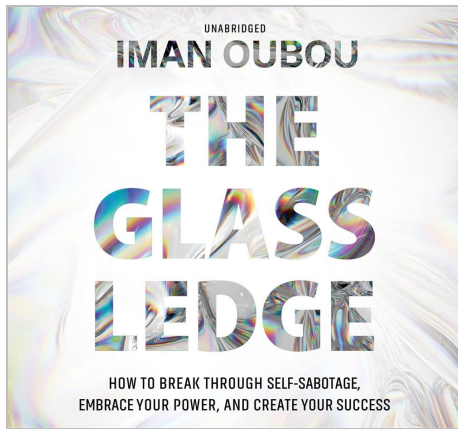
Make the most of your gifts as a sensitive, caring person with this weekly affirmation journal from the foremost expert on empaths.

An affirmation can be your most potent ally for immediate self-care when you're feeling overwhelmed, stressed, or stuck in negative thinking. "Affirmations are like friends you can call on when you need protection, grounding, encouragement, or a reminder of your strengths," says Dr. Judith Orloff. "For empaths and all caring people, they are a crucial element of self-care." With *Affirmations for Empaths*, this trusted empathy expert and "godmother of the empath movement" presents a new resource filled with her favorite affirmations to support sensitive people.

Affirmations are powerful tools that can radically enhance the quality of your life—especially when used daily. Dr. Orloff offers key strategies for getting the most out of affirmations, with guidance for strengthening your intentions, reinforcing the energy of affirmations, and creatively personalizing your practice. You'll have 52 affirmations to practice, with space for weekly journaling, organized into eight topics—including balancing your emotions, finding purpose, building healthy relationships, and more.

"Words and beliefs contain energy," says Dr. Orloff. "Affirmations are energy shifters. They let you say 'no' to any thoughts, habits, or beliefs that don't serve you." This journal offers simple, quick, and effective tools for supporting your empathic gifts of intuition, compassion, and joyous connection.

Judith Orloff, MD, is a leading voice in the fields of medicine, psychiatry, and intuitive development, and is a *New York Times* bestselling author. A UCLA psychiatric clinical faculty member, her books include *The Empath's Survival Guide*, *Thriving as an Empath*, *Emotional Freedom*, *Positive Energy*, *Guide to Intuitive Healing*, and *Second Sight*. Find more inspiration at Dr. Orloff's website, drjudithorloff.com.



**SELF-HELP / PERSONAL
GROWTH / SUCCESS**

Sounds True | 6/14/2022

9781683649816 | \$29.99 / \$38.99 Can.

Audio CD

6.6 in H | 6.9 in W

Other Available Formats:

Hardcover ISBN: 9781683648598

The Glass Ledge

How to Break Through Self-Sabotage, Embrace Your Power, and Create Your Success

Iman Oubou

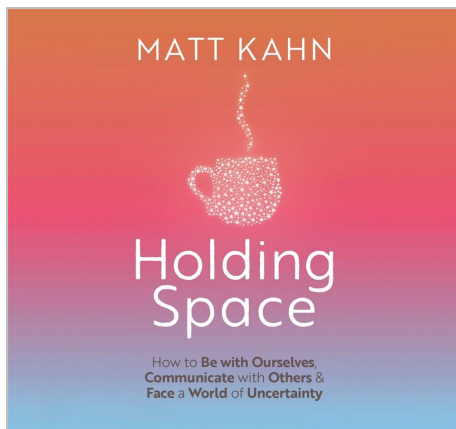
A disruptive guide to help women reject societal double standards and succeed by showing up as their authentic, vulnerable, powerful selves.

We've all heard of the "glass ceiling" for women. Yet even for women who break through the societal barriers to success, there's another danger: the glass ledge. "When the very qualities that help us achieve greatness turn into self-defeating behaviors, that's when we trip over the glass ledge," teaches Iman Oubou. "Yet we don't need to lose ourselves to become the ideal image of a hardworking, camera-ready woman. There is a better way to fulfill our dreams—one that allows us to be ourselves, on our own terms."

With *The Glass Ledge*, Oubou offers a disruptive guide that explores the 10 most common themes around which women tend to derail themselves. Each chapter focuses on one of these self-sabotaging themes, incorporating counterintuitive and eye-opening information, as well as anecdotes from the author's personal journey, stories from other high-profile, successful women, and scientific research about why we act the way we do—and how to reclaim the story of our lives.

While societal norms around gender dynamics have shifted, there's still a long way to go. "We don't have to wait for the culture to change for us," Oubou says. "Each of us has the power to change the beliefs and behaviors we don't want." *The Glass Ledge* is a practical and inspired call for any woman who wants to rewrite the narrative of success—and pay her efforts forward into the world.

Iman Oubou is a Moroccan American, self-made entrepreneur, former beauty queen, and published scientist on a mission to change the women's media landscape. Through her diverse experience with business, pageantry, and STEM, Iman noticed gender disparities in the workforce and an omnipresent bias across printed and digital media. She founded SWAAY, an all-in-one publishing platform for women, to champion the voices of female change-makers through the power of storytelling. She lives in New York C...

**SELF-HELP / SPIRITUAL**

Sounds True | 6/28/2022

9781683649182 | \$29.99 / \$38.99 Can.

Audio CD

6.6 in H | 6.9 in W

Other Available Formats:

Hardcover ISBN: 9781683649144

All for Love

The Transformational Power of Holding Space

Matt Kahn

A perfectly timed resource to help us communicate with consciousness and compassion in times of division and uncertainty

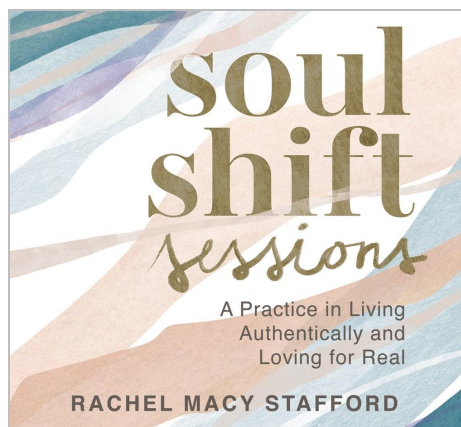
Love thy neighbor. Lovingkindness. The love of the universe. From traditional religions to new spirituality, *love* is the foundation on which all practice rests. We all embrace the idea of love ... and then we get on Facebook.

Whether divided by race, gender, sexual orientation, identity preference, or opinion, the incredible moral and social division in our world has become a source of pain and confusion for so many people. We know that love and unity are beautiful ideals, but the question remains: How do we get there?

In what may be his boldest and bravest book yet, bestselling author Matt Kahn teaches us how to remain aligned with our highest truths and values no matter what differences or challenges we face, so we may create an opportunity to heal the painful patterns that keep us small, stuck, and separate from each other.

Throughout the audio, Kahn shares ten essential principles—mercy, worthiness, bravery, and more—that help us access the highest and most loving qualities within ourselves and others. Each chapter contains personal stories and real-world applications, guiding us to reach into our own hearts and give one another the respect, validation, and encouragement needed to make it through the evolutionary shifts before us. Shifts into greater unity, and greater love.

Matt Kahn is an author, spiritual teacher, and highly attuned empath. Since experiencing a series of rare and spontaneous awakenings that began at the age of eight, he has been instrumental in transforming lives worldwide through his insights and heart-centered teachings, which include his popular YouTube videos. For more, visit TrueDivineNature.com.

**SELF-HELP / SPIRITUAL**

Sounds True | 6/14/2022

9781683649588 | \$69.99 / \$90.99 Can.

Audio CD

6.6 in H | 6.9 in W

Soul Shift Sessions

A Practice in Living Authentically and Loving For Real

Macy Rachel Stafford

New York Times bestselling author Rachel Macy Stafford reminds us why answering the call of the soul is the most loving action we can take.

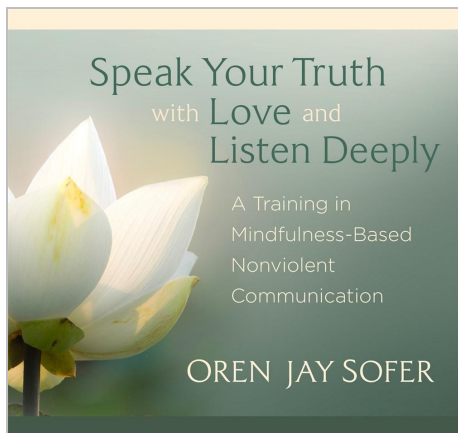
How can we learn to quiet the noise within and around us long enough to hear when our soul is offering us guidance?

With *Soul Shift Sessions*, *New York Times* bestselling author and sought-after speaker Rachel Macy Stafford teaches us how to do just that. In her first audio program, Rachel explores how in our rush to adhere to overbooked schedules, check tasks off our to-do list, and be everything to everyone, we often depart from what really matters. In learning how to shift from distraction to awareness, we discover that our soul is always there, guiding us to greater presence, authenticity, connection, and joy.

“My greatest breakthroughs and most positive personal transformations have come from moments when I paid attention to a signal my soul was sending me during a painful situation,” she writes. “When we learn to recognize and respond to these signals, we begin to experience more life and love in each moment—even the difficult ones.”

Through her bestselling books, flourishing online communities, and popular workshops, Rachel has helped thousands of people learn to replace self-defeating habits and perfectionism with self-awareness and compassion. Here, in her first audio program, Rachel shares her most inspiring teachings in eight empowering sessions designed to lead you to what really matters through the guidance of your soul.

Rachel Macy Stafford is the *New York Times* bestselling author of *Hands Free Mama*, *Only Love Today*, and *Live Love Now*. Rachel is a certified special education teacher whose personal strategies are universal invitations to embrace life with urgency and cultivate connection despite the distractions of our culture. Her blog is a source of inspiration to millions. Rachel lives in Georgia with her beloved family and two rescue cats. For more, visit handsfreemama.com.



SELF-HELP / COMMUNICATION & SOCIAL SKILLS

Sounds True | 7/12/2022

9781683648727 | \$69.99 / \$90.99 Can.

Audio CD

6.6 in H | 6.9 in W

Speak Your Truth with Love and Listen Deeply

A Training in Mindfulness-Based Nonviolent Communication

Oren J Sofer

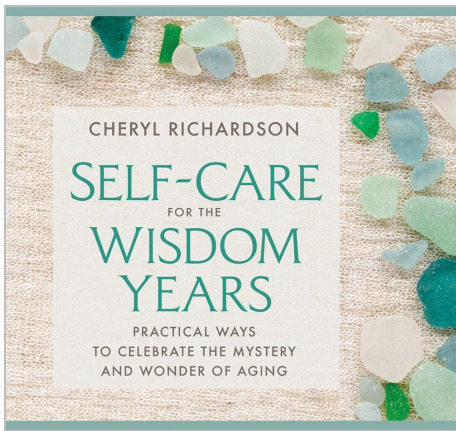
Integrating mindfulness with Nonviolent Communication, this course helps us foster kind and effective conversation in our relationships.

When communication is reduced to pushing our views, scoring points, or blaming those with whom we disagree, everybody suffers—no matter who “wins” or “loses” an argument. In our personal lives and in the world today, we need tools for authentic, respectful, relationship-building communication more than ever. “If you want to stop arguing and start connecting,” says Oren Jay Sofer, “the first prerequisite is being more present and aware.” Now this renowned teacher shares his most effective teachings for transforming the way we communicate with *Speak Your Truth with Love and Listen Deeply*.

Sofer has emerged as a groundbreaking teacher by integrating the proven methods of Nonviolent Communication, established by Dr. Marshall Rosenberg, with the power of mindfulness. In these eight audio sessions, you’ll establish a foundation of mindfulness to help you to stay centered and curious even when emotions are running high. From there, you’ll learn practices for being present to your needs and the needs of others, identifying and changing habitual patterns of conflict, de-escalating arguments, promoting empathy and collaboration, and much more.

“Communication is at the heart of our lives—personally, professionally, and spiritually,” teaches Sofer. Here is an audio training in what may be the most important skill we can develop to transform our lives, our relationships, and our divided world.

Oren Jay Sofer teaches mindfulness, meditation, and Nonviolent Communication (NVC) in both secular and Buddhist contexts and is the first author to integrate mindfulness and somatics with the tools and principles of NVC. He is the author of *Say What You Mean* and coauthor of *The Mindful Schools Curriculum for Adolescents* and *Teaching Mindfulness to Empower Adolescents*. He lives in El Cerrito, California. For more, visit orenjaysofer.com.

**SELF-HELP / AGING**

Sounds True | 8/16/2022

9781683649045 | \$69.99 / \$90.99 Can.

Audio CD

6.6 in H | 6.9 in W

Self-Care for the Wisdom Years

Practical Ways to Celebrate the Mystery and Wonder of Aging

Cheryl Richardson

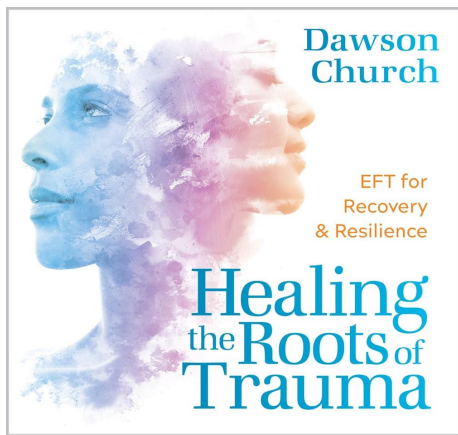
Find inspiration in the changes and challenges of aging—and create a more authentic, soul-directed life.

We often look at aging through the lens of what is lost, not what is gained. But as we grow older, there is an opportunity for a deeper, more meaningful experience of life if we embrace and explore our wisdom years. “In a culture that worships youth, it’s easy to avoid the tricky conversations about growing old,” says bestselling author and self-care expert Cheryl Richardson. “I’m doing my best to understand and express what it means to age consciously and fearlessly, and to help others do the same.”

The wisdom years invite us to shift more of our attention from the outer world to our inner lives and to a new level of self-care. It’s a time to use the reality of our mortality as motivation to invest in our health and our most treasured relationships, to protect our time and energy, and to explore new ways to awaken a sense of aliveness and adventure. In doing so, we open to a deeper level of presence, a more authentic connection with others, and a spaciousness that makes room for awe and beauty. Aging becomes a new adventure, a time for pleasure, introspection, and more spontaneous living.

Through a rich tapestry of teachings, tools, journaling exercises, and guided practices, *Self-Care for the Wisdom Years* invites you to let go of your outdated beliefs about aging so you can envision a new kind of eldership, intimate with vulnerability and rooted in the depths of your soul.

Cheryl Richardson is a *New York Times* bestselling author whose books include *Take Time for Your Life*, *The Art of Extreme Self-Care*, and her latest, *Waking Up in Winter*. Her work has been covered on *Good Morning America*, the *Today Show*, *CBS This Morning*, and many more. She was team leader for the Lifestyle Makeover Series on *The Oprah Winfrey Show* and joined Ms. Winfrey on the “Live Your Best Life” nationwide tour. She lives in Massachusetts. For more, visit cherylrichardson.com.



BODY, MIND & SPIRIT / HEALING

Sounds True | 8/16/2022

9781683649366 | \$69.99 / \$90.99 Can.

Audio CD

6.6 in H | 6.9 in W

SOUNDS TRUE

AUGUST 2022

Healing the Roots of Trauma

EFT for Recovery and Resilience

Dawson Church

From award-winning science writer and bestselling author Dawson Church comes a groundbreaking approach to the treatment of trauma.

A growing number of studies are demonstrating that EFT (Emotional Freedom Techniques) is one of our most effective therapies for treating trauma—but why? How can something so seemingly simple treat something so very complex?

The answer lies in the way EFT seamlessly integrates the physical, emotional, and energetic components needed for trauma recovery. Often referred to as “tapping,” EFT is an accessible practice that involves tapping specific acupressure points while repeating key phrases. By combining elements of cognitive and exposure therapies with acupressure points and energy psychology, EFT offers an effective mind-body methodology that anyone can learn to use.

With *Healing the Roots of Trauma*, Dawson Church, bestselling author and founder of the National Institute for Integrative Healthcare, examines the growing body of research on why energy-based practices like EFT are so critical for the treatment of trauma. A fascinating journey into the science behind this powerful technique, this audio program will also explore what trauma is and how it affects the body, as well as describe basic EFT practices for healing and resilience.

Dawson Church is an award-winning science writer with three bestselling books to his credit. A prolific researcher on how to apply the breakthroughs of energy psychology to health and personal performance, dozens of his studies have been published in peer-reviewed journals. Church is also the founder of both the National Institute for Integrative Healthcare and EFT Universe. He resides in Petaluma, California. For more, visit dawsonchurch.com.

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