

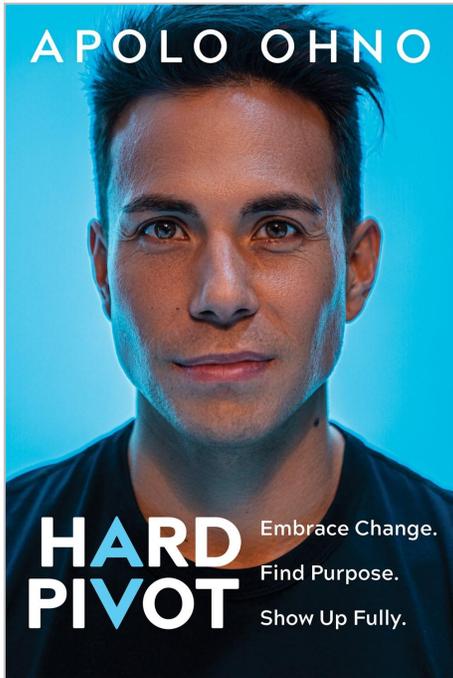


# sounds true

WAKING UP THE WORLD



WINTER 2022



## Hard Pivot

*Embrace Change. Find Purpose. Show Up Fully.*

Apolo Ohno

**Apolo Anton Ohno shares his “five golden principles” for overcoming challenges with resilience, creativity, and purpose.**

In speed skating, a hard pivot is an aggressive shift of direction that requires courage, practice, and split-second timing. “In life,” says Apolo Anton Ohno, “we all face moments when we must make a hard pivot—times when we must adapt, reinvent, and find renewed purpose in the face of profound changes.” With *Hard Pivot*, this Olympic gold medalist and bestselling author offers an invaluable guide to anyone facing uncertainty, hardship, and loss of identity in the ever-shifting landscape of our lives.

The world sees Ohno as an athletic superstar. “But inside,” he writes, “I faced challenges like anyone else. The inner voice that once motivated me became toxic, amplifying my fears and insecurities.” Through each crisis—in his athletic career and beyond—he developed new habits and practices that helped him restore inner balance and overcome the odds. Now he shares his most valuable insights: his “five golden principles” for adapting and thriving in the face of chaos, self-doubt, and pressure.

“We’re told that our toughest opponent is ourselves,” Ohno says. “Yet if we only treat ourselves like an obstacle to overcome, even our successes will never feel lasting or meaningful.” With *Hard Pivot*, he offers more than a method for accomplishing your goals—he helps you develop faith in yourself, unshakable resilience, and a clarity of purpose that will light your path through any challenge.

**Apolo Anton Ohno** earned eight Olympic medals in speed skating and became the most decorated US Winter Olympian of all time—a title he still holds. Today as a cross-industry entrepreneur, successful sports broadcaster, television personality, and *New York Times* bestselling author, he continually adapts his performance mindset and harnesses his experiences to educate and inspire others. He lives in Los Angeles. For more, visit [apoloohno.com](http://apoloohno.com).

### SELF-HELP / PERSONAL GROWTH / SUCCESS

Sounds True | 2/22/2022  
 9781683649328 | \$28.99 / \$37.99 Can.  
 Hardcover with dust jacket | 256 pages  
 9 in H | 6 in W

**Other Available Formats:**  
 Audio ISBN: 9781683649342

### MARKETING

Major pre-order campaign, targeting author community (550K email + social)  
 Major online advertising campaign via search / social / Amazon, timed to author’s NBC appearances during Summer 2021 and Winter 2022 Olympics  
 Print/digital advertising in trade and consumer outlets  
 Video advertising campaign, featuring author videos on Facebook, Instagram, YouTube  
 Promotion and bulk sales opps via author’s speaking engagements (~10k attendees per week)  
 Finished book mailing, seeking pr...

LISSA RANKIN, MD  
Foreword by Gabor Maté, MD



# SACRED MEDICINE

A Doctor's Quest to Unravel the Mysteries of Healing

SOUNDS TRUE

APRIL 2022

## Sacred Medicine

*A Doctor's Quest to Unravel the Mysteries of Healing*

Lissa Rankin

**From *New York Times* bestselling author Dr. Lissa Rankin comes a groundbreaking guide offering hope for healing when all else has failed.**

When it comes to healing from illness and injury, how is it that some people do everything right and stay sick, while others seem to do nothing extraordinary yet fully recover? How does faith healing work—or does it? What's behind the phenomenon of spontaneous remission—and is this something we can influence? Can we make ourselves miracle-prone?

Certain that if she looked hard enough she would find the answers, physician and bestselling author Dr. Lissa Rankin embarked on a decade-long journey to explore these questions and more. The result is *Sacred Medicine*, both a spiritual adventure story and a discerning guide to the sometimes-perilous paths available to patients when both lifestyle changes and medicine have failed them.

Dr. Rankin takes us around the world to meet healers gifted and flawed, go on pilgrimage to sacred sites, investigate the science of healing, dive deep into cutting-edge trauma research, and receive the wisdom of Indigenous cultures for whom healing begins with our sacred connection to Mother Earth. Each chapter contains select practices Dr. Rankin has found particularly effective in fostering our capacity to heal.

At a time when medicine is under scrutiny and wellness fads are debunked every day, *Sacred Medicine* delivers a thoughtful exploration of questions around how we heal—and a path of hope for those in need.

**Lissa Rankin, MD**, *New York Times* bestselling author of *Mind Over Medicine*, *The Fear Cure*, and *The Anatomy of a Calling* is a physician, speaker, and mystic. She lives in the San Francisco Bay area. For more, visit [LissaRankin.com](http://LissaRankin.com).

### HEALTH & FITNESS / ALTERNATIVE THERAPIES

Sounds True | 4/5/2022

9781683647423 | \$28.99 / \$37.99 Can.

Hardcover with dust jacket | 368 pages

9 in H | 6 in W

Possible 1-3 B&W, maybe diagram

### Other Available Formats:

Audio ISBN: 9781683647485

### MARKETING

\$50,000 in-house investment in multimedia, multi-platform marketing and publicity campaign

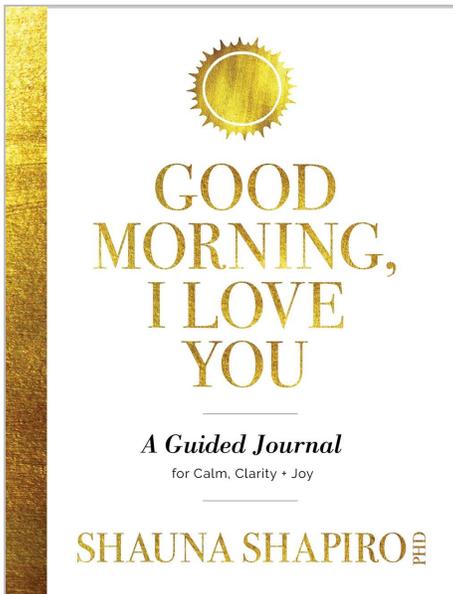
Major pre-order campaign, with bonus gift landing page and email journey driving sales

Online advertising campaign, driving traffic to landing page both before and after pub

Print advertising in core market trade and consumer outlets

Promotion via author events and speaking engagements

Finished book mailing, seeking promotion from author's large network of medical/spiritual colleagues, integrative health doctor...



## Good Morning, I Love You

*A Guided Journal for Calm, Clarity, and Joy*

Shauna Shapiro

**A joyful journey through writing and other proven practices—for nurturing peace, connection, creativity, and health**

Why is it so hard to change? Is it simply a lack of desire or willpower? According to the science, the answer is no. And the missing ingredient may surprise you: it's the practice of *self-compassion*.

Too often, we try to change our lives by pushing on, and then we beat ourselves up when we don't succeed. But research shows that shame actually shuts down the brain's learning centers—so that every time we judge ourselves, we take away the very resources we need to change. But when we treat ourselves with kindness, we turn those learning centers back on.

With *Good Morning, I Love You: A Guided Journal for Calm, Clarity, and Joy*, mindfulness and self-compassion expert Dr. Shauna Shapiro invites you to experience a three-month journey of morning and evening practices—as well as weekly “deep dives”—to be kinder to yourself, while boosting your health and well-being along the way. Through key scientific insights and practices, day by day you'll grow your self-compassion, mindfulness, forgiveness, resilience, and joy.

“It is never too late to rewire your brain and transform your life,” writes Dr. Shapiro. And doing so doesn't have to be “yet another chore” on your to-do list. This journal gives you an inspiring and clear road map to real change—and a welcome sanctuary for daily renewal and growth.

**Shauna Shapiro, PhD**, is a mother, clinical psychologist, and internationally recognized expert in mindfulness and self-compassion. She is a widely published scholar, a professor at Santa Clara University, and a fellow of the Dalai Lama's Mind & Life Institute. She is the author of *Good Morning, I Love You*. Learn more at [drshaunashapiro.com](http://drshaunashapiro.com).

### SELF-HELP / PERSONAL GROWTH / SELF-ESTEEM

Sounds True | 4/12/2022

9781683649014 | \$16.99 / \$22.50 Can.

Trade Paperback | 248 pages

9.5 in H | 7.3 in W

### MARKETING

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

Print/digital advertising in core market trade and consumer outlets

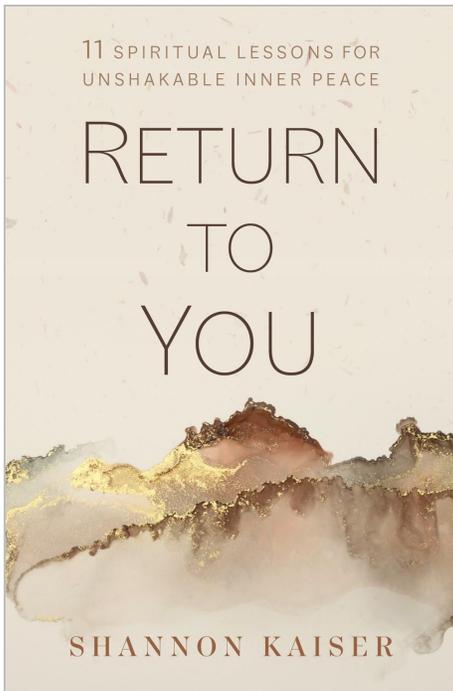
Promotion via author's events and speaking engagements

Finished book mailing, seeking promotion from author endorsers, professional network, and Fortune 500 companies who purchased previous book in bulk

Promotion on ST social media platforms (630K followers)

Feature in What's New at ST eNL (1M+ subscribers)

Dedicated Author Letter email to t...

**SELF-HELP / SPIRITUAL**

Sounds True | 4/5/2022

9781683648789 | \$23.99 / \$31.50 Can.

Hardcover with dust jacket | 224 pages

8.5 in H | 5.5 in W

## Return to You

*11 Spiritual Lessons for Unshakable Inner Peace*

Shannon Kaiser

**Transcend fear and move into faith with this step-by-step process for intuition development and spiritual attunement.**

Imagine having an inner faith and trust so magnificent that you are always 100 percent aligned with your true self and confident with every choice. No more worry, self-doubt, judgment, fear, or insecurities. A wonderful goal, but is it even possible?

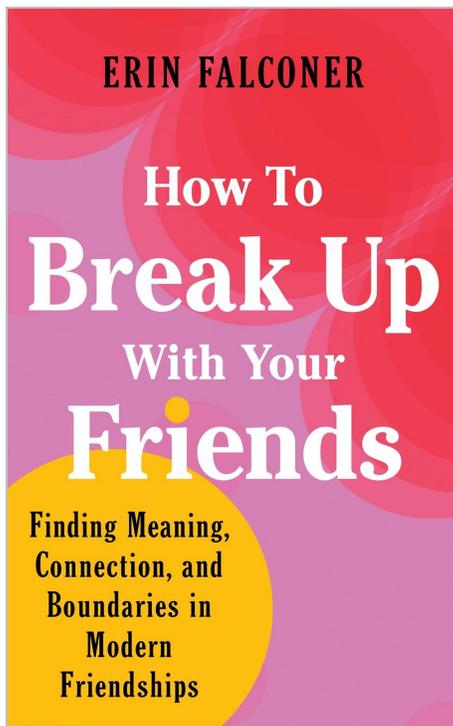
As someone who was diagnosed with clinical depression and anxiety for years, Shannon Kaiser knows that it is. Through her own spiritual journey, she cured herself by awakening her faith and intuition—and since then has helped so many like herself.

When you tap into your deepest knowing, she teaches, you are also connecting with the boundless wisdom of the entire universe—where freedom and unshakable peace prevail.

In *Return to You*, this acclaimed life coach and visionary shares her 11 spiritual lessons for finding unshakable inner peace—a complete guide to her most effective strategies for awakening your innate wisdom and stepping into your true power.

“No matter what you are going through,” says Shannon, “peace can be your priority.” Whether you’re longing for a more fulfilling career, stronger relationships, a healthier body, or more abundance, it can and will happen—simply by opening the way with these powerful keys for letting go of fear and frustration and connecting to limitless freedom and love.

**Shannon Kaiser** is the bestselling author of five books on the psychology of happiness and fulfillment, including *The Self-Love Experiment*, *Adventures for Your Soul*, and *Joy Seeker*. As an international life coach, speaker, and retreat leader, she helps people align with their true selves so they can live their highest potential. She’s been named among the “100 Women to Watch in Wellness” by mindbodygreen and “your go-to happiness booster” by *Health* magazine. She lives in Portland, Oregon.



#### SELF-HELP / PERSONAL GROWTH

Sounds True | 1/18/2022

9781683648130 | \$24.99 / \$32.50 Can.

Hardcover with dust jacket | 240 pages | Carton

Qty: 44

8 in H | 5 in W

#### MARKETING

Pre-order campaign, targeting author community (50K email + 1M social)  
Print/digital advertising in core market trade and consumer outlets

Social media advertising campaign, featuring relationship tools from book  
Promotion via author's Pick the Brain brand

Finished book mailing, seeking promotion from endorsers including Gretchen Rubin, Malcom Gladwell, Maria Shriver, and Founders of Well + Good

Promotion on ST social media platforms (630K followers)

Feature in What's New at ST eNL (1...

## How to Break Up with Your Friends

*Finding Meaning, Connection, and Boundaries in Modern Friendships*

Erin Falconer

**Nurture healthier connections with this friendship detox, and create the boundaries you need for a more supportive relationship circle.**

Friends hold an especially valuable role for women—few blessings have the ability to fuel us and inspire our joy. And even though we pride ourselves on our big friend networks, we can be afraid to rock the boat and ask for what we really need. So we often settle for friendships that take more than they give.

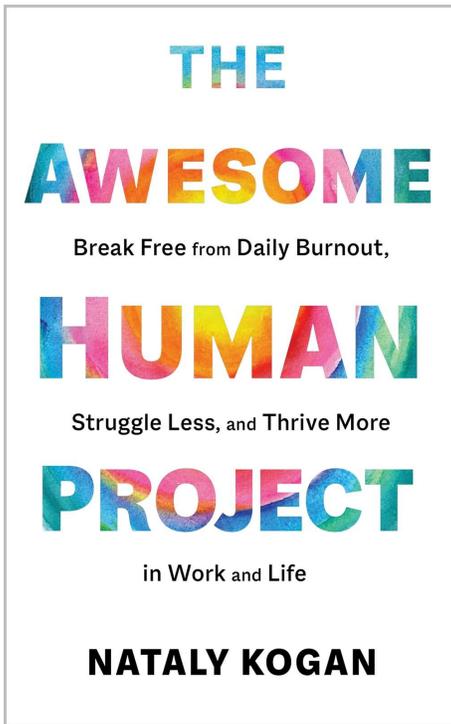
But does it really have to be this way?

“I wrote a whole book dedicated to critically analyzing how we spend our time,” Erin Falconer reflects, “and there are diets that ask us to write down everything we eat. So why shouldn’t we think about our friends as honestly and pragmatically?”

In *How to Break Up with Your Friends*, this celebrated life mentor explores the qualities of genuine friendships—and the deeper principles, assessments, and practices for nurturing them. With clear-eyed guidance, you’ll learn how to take stock of those currently in your life, see exactly how you are serving each other, deepen your essential friendships, and, ultimately, have the courageous conversations needed when it’s time to “break up” with others.

With a wealth of revelations and tools—including the Six Pillars of Friendship, the Friendship Diagnosis, and more—this is the relationship detox you didn’t know you needed, to create healthy and lasting friendships.

**Erin Falconer** is an author, digital entrepreneur, and the editor-in-chief and co-owner of PickTheBrain, one of the most trusted self-improvement communities online. She was named “one of the top digital entrepreneurs in Los Angeles” by *Los Angeles Confidential* and one of the “Top 10 Women Changing the Digital Landscape for Good” by Refinery29. Erin has a master’s degree in clinical psychology and lives in Los Angeles, California. Learn more at [erinfalconer.com](http://erinfalconer.com).



## The Awesome Human Project

*Break Free from Daily Burnout, Struggle Less, and Thrive More in Work and Life*

Nataly Kogan

**Struggle less and live your best life—with a program that's helped millions to gain more energy and resilience.**

Are you overwhelmed by work, relationships, and responsibilities—and wrestling with inner doubt and fear of burning out?

"Challenges in life are constant. But struggle is optional," Nataly Kogan reassures us. "You can't always control what comes your way, but you *can* change how you meet those demands."

A leading expert on emotional fitness and leadership, Nataly has helped more than a million people live with greater resilience and joy. Now, with *The Awesome Human Project*, she makes available to all of us her proven method for reducing daily struggle and burnout, so we can live and work with more energy, joy, and meaning.

"Small changes in mindset can create *big* impacts in your ability to thrive in work and life," Nataly teaches. In a supportive, no-BS, energetic voice, she shows you how to handle pressure with self-compassion, reduce self-doubt by editing your brain's stories, and strengthen your emotional fitness skills so you can not just survive but grow through challenges.

Nataly guides you every step of the way with relatable stories, insightful self-exploration exercises, talk-back-to-your-brain scripts, and simple, science-backed practices for both immediate relief and long-term growth—to become the awesome human that you're meant to be.

**Nataly Kogan** is a leading expert in emotional fitness and leadership, a keynote speaker, and the CEO of Happier Inc. After years of chasing a nonexistent nirvana in the corporate world—at companies like Microsoft and McKinsey—Nataly suffered a debilitating burnout. Her journey to discover how to live with less struggle led her to create a science-backed method she has taught to hundreds of thousands of people through books, virtual programs, and online courses. Learn more at [happier.com](http://happier.com).

### SELF-HELP / PERSONAL GROWTH / HAPPINESS

Sounds True | 2/8/2022

9781683647850 | \$24.99 / \$32.50 Can.

Hardcover with dust jacket | 312 pages

8 in H | 5 in W

From author - a handful of simple B&W handwritten notes from Nataly

#### Other Available Formats:

Audio ISBN: 9781683647874

### MARKETING

Major pre-order campaign, driven by author's Happier platform (130K email / 41K social)

Print/digital advertising in core market trade and consumer outlets

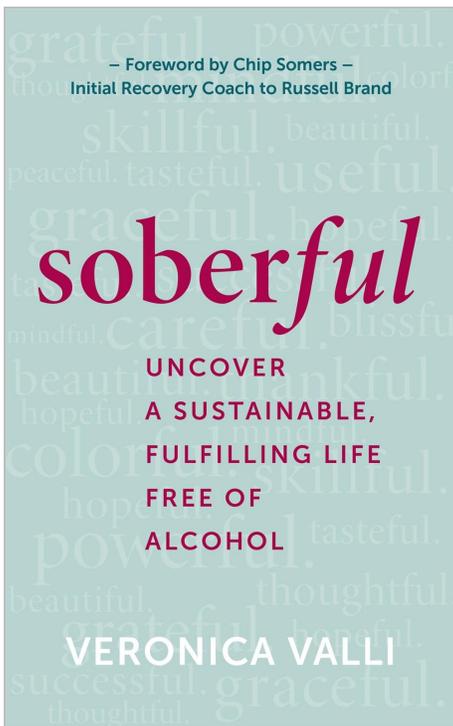
Promotion and bulk sales opps via author's corporate client work and speaking engagements (repped by Harry Walker Agency)

Finished book mailing, seeking promotion from author's large client network and key influencers

Promotion on ST social media platforms (630K followers)

Feature in What's New at ST eNL (1M+ subscribers)

Dedicated A...



#### SELF-HELP / SUBSTANCE ABUSE & ADDICTIONS / ALCOHOL

Sounds True | 1/25/2022

9781683648291 | \$23.99 / \$31.50 Can.

Hardcover with dust jacket | 240 pages

8 in H | 5 in W

#### MARKETING

Pre-order campaign, targeting author

community (4K email + 40K social)

Promotion via author's podcast *Soberful*  
(14K downloads/month)

Street team promotion via social media,  
book clubs, local events, and bookstore  
outreach

Promotion via author's endorsers and  
wellness network, including authors Ruby  
Warrington, Laura McGowen & more

Finished book mailing, seeking promotion  
from sober living influencers and

organizations, including *She Recovers*,  
*Soberistas*, *Women for Sobriety* & more

Promotion on ST ...

## Soberful

*Uncover a Sustainable, Fulfilling Life Free of Alcohol*

Veronica Valli

**A program to stop drinking, stay stopped, and develop emotional skills for a life of excitement and connection without the hangover**

“No thanks—I’m not drinking tonight.” In a culture that equates alcohol with enjoyment and social acceptance, making this simple statement can make us feel like we’re depriving or even punishing ourselves. “When we realize we can no longer drink safely, it can feel like the only choices are to spiral out of control *or* embrace a joyless life,” says sobriety expert Veronica Valli. “But it’s not true! Sobriety can be a path filled with fun, excitement, belonging, relaxation, and romance.”

*Soberful* offers a practical and straightforward program on how we can get sober and stay sober by increasing our self-worth, energy, and participation in life. Valli begins by debunking widespread beliefs about alcohol and sobriety—including the illusion that alcohol itself is the problem. She then focuses on the emotional skills we need to build for a fulfilling life without alcohol. Through the five pillars of sustainable sobriety—Movement, Connection, Balance, Process, and Growth—she shares effective and empowering strategies for processing the uncomfortable emotions we once numbed with alcohol.

“When we change how we experience the world, we can stop trying to escape our feelings with alcohol,” Valli says. Written with gentle humor and compassion, *Soberful* provides a road map to a life beyond drinking—one that is expansive, fulfilling, and joyously free.

**Veronica Valli** is a former psychotherapist who now works as a sobriety coach. With almost twenty years of experience, she has helped thousands of people live happy, healthy lives and reach their full potential by being alcohol free. She’s been the keynote speaker at annual conferences such as *Women for Sobriety* and *Soberistas*, and she is the cohost of the popular *Soberful* podcast. Learn more at [soberful.com](http://soberful.com).

Susan Willson, CNM

# Making Sense of Menopause



Harnessing the Power and  
Potency of Your Wisdom Years

## Making Sense of Menopause

*Harnessing the Power and Potency of Your Wisdom Years*

Susan Willson

**A women's health expert shares an empowering and informative guide to menopause as a gateway to a rich and vital elderhood.**

Today's generation is the first to really speak openly about menopause—yet the medical community and popular culture focus almost exclusively on treating “symptoms,” stopping hot flashes, and clinging to the appearance of youthfulness. “Menopause isn't a problem to be fixed,” says Susan Willson. “In fact, it can be the most powerful time of a woman's life.”

With *Making Sense of Menopause*, this renowned women's health practitioner offers a powerful guide to experiencing perimenopause and menopause as a natural gateway into a new, exciting, and meaningful phase of our lives. Beginning with an eye-opening examination of the falsehoods we've absorbed about ourselves as women, Willson helps us reframe and embrace the enormous potential of this journey into elderhood—from the changes in our bodies to the profound opportunities we have for growth, creativity, strength, and authenticity.

Susan Willson has found that when women are presented with a positive, empowering perspective on menopause, something extraordinary occurs: “We find that we *want* to do the developmental work of midlife. We want to harness the power we feel rising up as we are finally able to stand for ourselves. We want to give our gifts.” With *Making Sense of Menopause*, this compelling author offers a much-needed guide for women making the physical, emotional, and spiritual transition to our wisdom years.

**Susan Willson, CNM**, is a Yale-educated certified nurse midwife and certified clinical thermographer with more than 40 years of experience in the women's health field. She has taught at Omega Institute and is a frequent lecturer for the American College of Nurse-Midwives, where she lectures on women's health and the emotional work of menopause. She lives and practices in Stone Ridge, New York. For more, visit [makingsenseofmenopause.com](http://makingsenseofmenopause.com).

### HEALTH & FITNESS / MENOPAUSE

Sounds True | 2/15/2022

9781683647447 | \$18.99 / \$24.99 Can.

Trade Paperback | 264 pages

9 in H | 6 in W

### MARKETING

Social media advertising campaign, targeting GenX women and featuring author's signature proactive practices  
Promotional outreach to Omega, American College of Nurse Midwives, and other organizations affiliated with author  
Finished book mailing, seeking promotion from author's professional network and OB-GYNs, osteopaths, and naturopaths in key cities

Promotion on ST social media platforms (630K followers)

Feature in What's New at ST eNL (1M+ subscribers)

Dedicated Author Letter email to ta...

## Ritual

*An Essential Grimoire*

Damien Echols, Lorri Davis

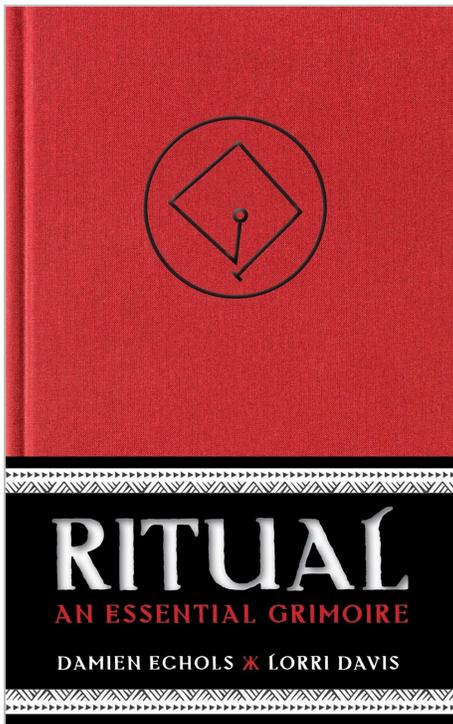
**Damien Echols and Lorri Davis share their most valuable magickal practices for invoking the support of divine energy in your life.**

We so often feel like our lives are beyond our control, so how can it be true that we somehow create our reality? The Western tradition of magick tells us that our thoughts and intentions *do* shape the world—and that ritual is one of the most effective tools for becoming conscious participants in our own destiny. “Ritual teaches us that we are never truly powerless,” says Damien Echols. With *Ritual: An Essential Grimoire*, he joins his wife and teaching partner Lorri Davis to bring you an invaluable collection of practices for daily use.

Magickal ritual goes beyond creating good habits or routines. Each practice Damien and Lorri share is a grounding point that enables divine energy to enter the physical world—uniting earthly efforts with the unseen forces of creation. This grimoire (or book of spells) contains rituals and meditations for protection, joy, love, luck, prosperity, creativity, and spiritual insight—all presented in plain, accessible language that anyone can use.

Damien and Lorri used magick to help them get through the most trying times—to help free Damien from his wrongful incarceration, then to help both of them heal from the traumatic aftereffects of his imprisonment. “Many of these rituals are the very same we used to rebuild our lives,” Lorri says. “We share these practices in the hopes that you will use them to survive, thrive, and create the life you desire.”

**Damien Echols** is the author of *High Magick, Angels and Archangels*, and the *New York Times* bestseller *Life After Death*. His wife, **Lorri Davis**, is a film producer and former landscape architect. The story of their courtship-by-mail during Damien’s unjust imprisonment in the West Memphis Three case is profiled in the 2019 book *Savage Appetites* and is the topic of their coauthored book, *Yours for Eternity*. Damien, Lorri, and their cats live in Harlem. For more, visit [damienechols.com](http://damienechols.com).



### BODY, MIND & SPIRIT / SPIRITUALISM

Sounds True | 4/26/2022

9781683648208 | \$24.99 / \$32.50 Can.

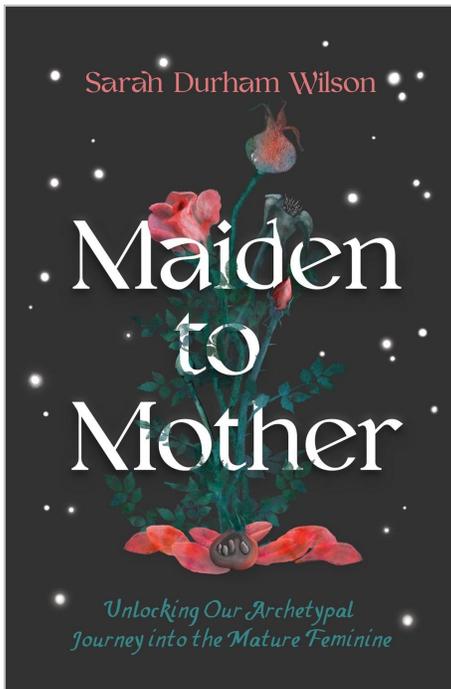
Hardcover with dust jacket | 248 pages

8 in H | 5 in W

B&W illus TK from author, amount TBD

### MARKETING

Major pre-order campaign, targeting author community (370K social + 45K email)  
 Print/digital advertising in core market trade and consumer outlets  
 Social media advertising campaign, featuring author videos and giveaways  
 Promotion via author's teaching events and speaking engagements  
 Finished book mailing, seeking promotion from author's endorsers and large network of celebrity influencers  
 Outreach to "Witches of Instagram" and other influencers in the category  
 Promotion o...



**BODY, MIND & SPIRIT /  
SPIRITUALISM**

Sounds True | 4/19/2022

9781683647027 | \$24.99 / \$32.50 Can.

Hardcover with dust jacket | 216 pages

8 in H | 5.3 in W

## Maiden to Mother

*Unlocking Our Archetypal Journey into the Mature Feminine*

Sarah Durham Wilson

**An initiation into wholeness and power for any woman ready to live with authenticity, follow her own path, and feast on the richness of life**

The bridge from Maiden to Mother has been broken. When the goddess culture was stolen and buried, so too were women's rites of passage, intuitive femininity, and access to their full power.

Now we live in a patriarchal society that infantilizes women, idolizing youthful traits such as beauty and innocence. As many women desperately try to maintain these girlish qualities on the outside, they effectively remain girls on the inside, unable to mature into the Mother archetype.

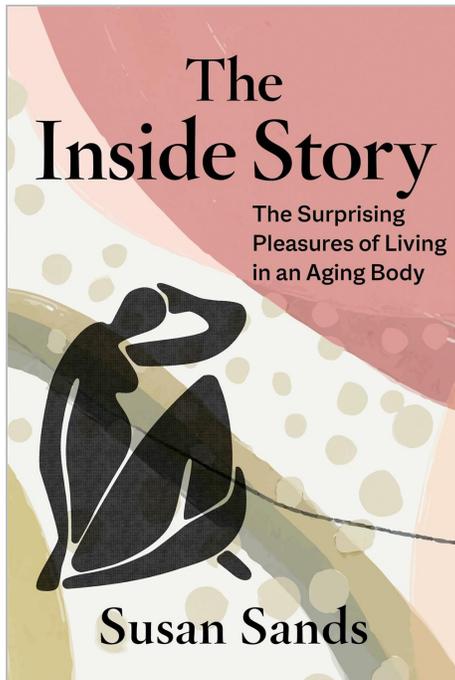
With *A Life of Her Own*, Sarah Durham Wilson rebuilds the bridge that has broken, guiding women through a sacred, ancient, and crucial initiation into their full feminine power.

Becoming the Mother is every woman's birthright—regardless of whether or not she raises children. “The world needs its strong Mothers,” Wilson writes. “Let’s gather ourselves and answer our own cries, for only then can we answer the cries of our world.”

Through personal stories, rituals, teachings, and practices, Wilson helps women of all ages heal the Mother Wound and dismantle their internalized patriarchy with its false, constricting standards for the feminine. Then, working with the Heroine’s Journey and legendary goddesses such as Innana and Freya, she guides women back to wholeness.

Explore the radical truth that midlife is not, as our culture proposes, where a woman’s power ends—but where it really begins—with *A Life of Her Own*.

**Sarah Durham Wilson** midwives women from the wounded, patriarchalized feminine across the bridge to the archetypal Mother, or mature feminine. Before her service to the Goddess, she was a rock journalist in New York City, beginning with an internship at *Rolling Stone* and culminating as an editor at *Interview* magazine. She lives on Martha’s Vineyard. For more, visit: [themotherspirit.com](http://themotherspirit.com).



**PSYCHOLOGY /  
DEVELOPMENTAL / ADULTHOOD  
& AGING**

Sounds True | 4/26/2022  
9781683648093 | \$24.99 / \$32.50 Can.  
Hardcover with dust jacket | 264 pages  
9 in H | 6 in W

## The Inside Story

*The Surprising Pleasures of Living in an Aging Body*

Susan Sands

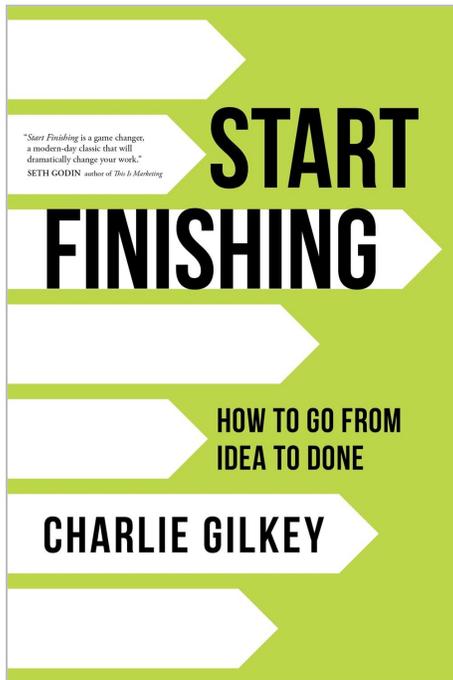
**Discover how the new science of embodiment can help you experience aging as a vital, optimistic, and transformative journey.**

Do you fear that growing old means being trapped in a body filled with aches, pains, sags, and losses? Too many of us do—especially women. Though our youth-obsessed society is partly to blame, Dr. Susan Sands explains there is a deeper and unrecognized factor: we have never really gotten to *know* our bodies, to sense and feel our bodies from the inside out. With *The Inside Story*, she offers a much-needed guide for helping us understand, befriend, and support our bodies as we grow older.

Without downplaying the real challenges we face as we age, Dr. Sands offers a wealth of case studies, interviews, and scientific findings to rewrite the common cultural beliefs that put us at odds with our own bodies. Here, she shares a wealth of powerful embodiment tools—including traditional practices such as meditation and yoga, as well as breathing methods, neural feedback techniques, guidance on diet and exercise, and more.

Most of us have never been taught how to truly connect with our bodies—yet growing older can provide us a golden opportunity to heal this inner divide. “As older women, we are actually primed to experience our bodies more deeply and pleurably,” Dr. Sands says. “Our bodies are quieter and slower. Aging can open up a transformative new capacity for body awareness, allowing us to experience our whole selves for perhaps the first time with respect, tenderness, and love.”

**Susan Sands, PhD**, is a clinical psychologist known for her trailblazing work in female development and body-based disorders. She incorporates Buddhist thought and meditation into her work with patients. A former journalist, she publishes and presents widely on the topic of eating disorders and body image, and she is a core faculty member at the Psychoanalytic Institute of Northern California in San Francisco. She lives and practices in Berkeley, California.



**BUSINESS & ECONOMICS / TIME MANAGEMENT**

Sounds True | 1/25/2022

9781683648635 | \$18.99 / \$24.99 Can.

Trade Paperback | 272 pages | Carton Qty: 30  
9 in H | 6 in W

## Start Finishing

*How to Go from Idea to Done*

Charlie Gilkey

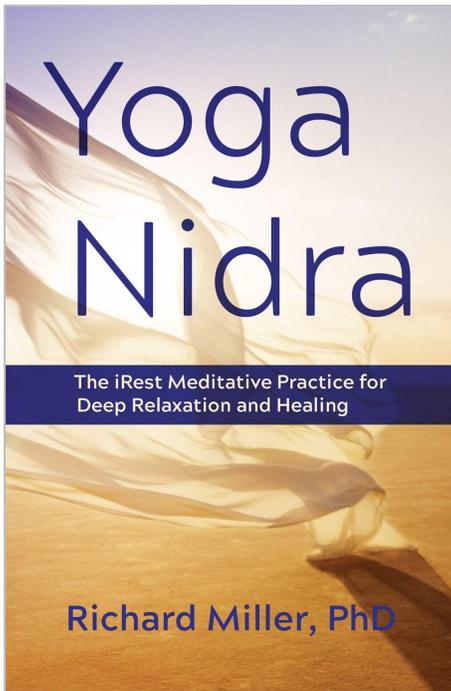
**Productivity meets purpose—discover a powerful nine-step method to start finishing the work that matters most.**

How much of your time and attention gets focused on what truly matters to you? Most people's honest answer is: *not enough*. For anyone who feels buried by busywork, responsibility, distraction, and fatigue, productivity expert Charlie Gilkey presents *Start Finishing*—a systematic, root-cause approach for overcoming the pitfalls to productivity and turning your ideas and dreams into finished projects.

The critically acclaimed, award-winning *Start Finishing* presents a nine-step method for converting an idea into a doable project by addressing the challenges you'll face and helping you create a reality-based plan for seeing it through. Learn how to identify your genius, build a success pack of supporters, break down projects into workable parts, navigate multiple priorities, overcome logjams that can stall momentum, and more.

"You are not incapable, wired to struggle, or fated to be unable to get your act together," Gilkey teaches. "With a few key steps, you can change the way you show up, how you plan, and how you respond when things get tough." Featuring deep insight and clarity—and contributions from Seth Godin, Susan Piver, and James Clear—this book provides an invaluable set of tools to keep you from being bogged down with task lists and *Start Finishing* your best work.

**Charlie Gilkey** is the founder of Productive Flourishing, a company that helps professional creatives, entrepreneurs, and leaders finish what matters most. He is the author of *The Small Business Life Cycle* and is widely cited in outlets such as the *New York Times*, *Inc.*, *Time*, *Forbes*, and the *Guardian*. He's also an Army veteran and near-PhD in philosophy. He lives in Portland, Oregon. For more, visit [productiveflourishing.com](http://productiveflourishing.com).



**BODY, MIND & SPIRIT /  
MINDFULNESS & MEDITATION**

Sounds True | 3/1/2022

9781683648970 | \$18.99 / \$24.99 Can.

Trade Paperback | 168 pages

8 in H | 5.3 in W

## Yoga Nidra

*The iRest Meditative Practice for Deep Relaxation and Healing*

Richard Miller

**A new edition of this acclaimed guide—updated with the most current, research-supported iRest® practices and insights**

One of the most enjoyable parts of a yoga class comes when we rest in *shavasana*—the "corpse" pose—to realize restoration, a sense of effortless joy, and a glimpse into our true nature as unqualified presence. How is this so? This experience, explains Richard Miller, is a manifestation of *yoga nidra*, the meditative state of mind-body union at the heart of all yoga practice.

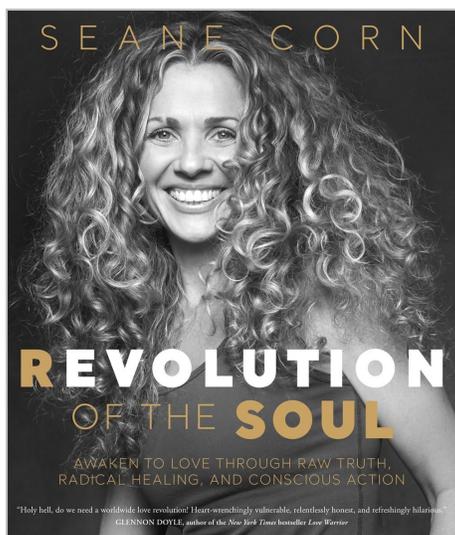
In this updated edition of *Yoga Nidra*, master teacher and psychologist Richard Miller invites us to experience iRest®—the ancient tantric path of yoga nidra, refined for today's practitioners through ongoing psychology research.

With clear instruction, new insights into the deeper roots of well-being, and online audio practices, Miller guides us step-by-step to discover:

- Deep relaxation and stress relief in any situation
- Healing from trauma, depression, anxiety, and chronic pain
- More restful and rejuvenating sleep
- Awakening to the oneness of our true nature, and much more

Thousands worldwide have discovered the benefits of iRest in health centers, schools, community centers, yoga studios, correctional facilities, and military hospitals. Now, with this fully updated edition of *Yoga Nidra*, all of us have access to its many physical, emotional, and spiritual rewards.

**Richard Miller, PhD**, is a master of yoga and meditation, researcher, and clinical psychologist. Recognized as a leading authority on the practice of Yoga Nidra, he has founded and cofounded the International Association of Yoga Therapists, the Institute for Spirituality and Psychology, and the iRest Institute. Currently he is helping research the efficacy of iRest. He lectures and teaches this method worldwide. Learn more at [irest.org](http://irest.org).

**SELF-HELP / SPIRITUAL**

Sounds True | 1/11/2022

9781683648758 | \$19.99 / \$25.99 Can.

Trade Paperback | 272 pages

9 in H | 7.5 in W

## Revolution of the Soul

*Awaken to Love Through Raw Truth, Radical Healing, and Conscious Action*

Seane Corn

**Yoga teacher and activist Seane Corn shares pivotal accounts of her life with raw honesty—enriched with in-depth spiritual teachings.**

“My first lessons in spirituality and yoga had nothing to do with a mat, but everything to do with waking up. They included angels, seeing God, and being in Heaven. But, believe me, not the way you might think.” So begins *Revolution of the Soul*.

What comes next reads like a riveting memoir filled with uncensored moments of joy, pain, wonder, and humor. Except, this book is so much more than that.

Seane’s greater purpose is to guide us into a deep, gut-level understanding of our highest Self through yoga philosophy and other tools for emotional healing—not just as abstract ideas but as embodied, *fully felt* wisdom. Why? To spark a “revolution of the soul” in each of us, so we can awaken to our purpose and become true agents of change. Just a few of the stops along the way include:

the everyday “angels” Seane finds in the gritty corners of New York’s 1980s East Village; her early struggles as a total yoga class misfit; the profound shadow work and body-based practices that helped her to heal childhood trauma, OCD, unhealthy behaviors, and relationship wounding; hard-earned lessons from some of the most heartbreaking places on the planet; and many other unforgettable teaching stories.

**Seane Corn** is an internationally recognized yoga teacher who has been featured in many print and broadcast media channels including the *Today Show*, *Yoga Journal*, and *Origin* magazine. She is the national yoga ambassador for YouthAIDS and the cofounder of Off the Mat, Into the World®, a global humanitarian leadership training program. Seane teaches at workshops, conferences, and retreats throughout the US and abroad. She resides in Southern California. Learn more at [seanecorn.com](http://seanecorn.com).



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

Sounds True | 4/26/2022

9781683649342 | \$29.99 / \$38.99 Can.

Audio CD

6.6 in H | 6.9 in W

**Other Available Formats:**

Hardcover ISBN: 9781683649328

## Hard Pivot

*Embrace Change. Find Purpose. Show Up Fully.*

Apolo Ohno

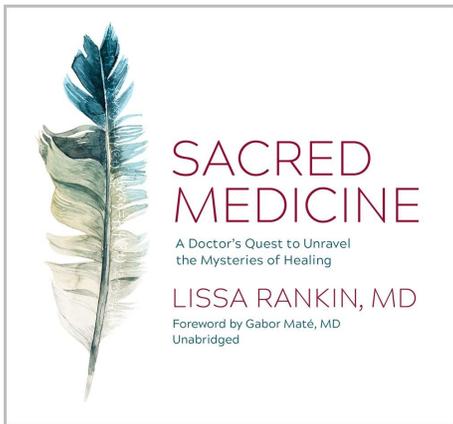
### Apolo Anton Ohno shares his “five golden principles” for overcoming challenges with resilience, creativity, and purpose.

In speed skating, a hard pivot is an aggressive shift of direction that requires courage, practice, and split-second timing. “In life,” says Apolo Anton Ohno, “we all face moments when we must make a hard pivot—times when we must adapt, reinvent, and find renewed purpose in the face of profound changes.” With *Hard Pivot*, this Olympic gold medalist and bestselling author offers an invaluable guide to anyone facing uncertainty, hardship, and loss of identity in the ever-shifting landscape of our lives.

The world sees Ohno as an athletic superstar. “But inside,” he writes, “I faced challenges like anyone else. The inner voice that once motivated me became toxic, amplifying my fears and insecurities.” Through each crisis—in his athletic career and beyond—he developed new habits and practices that helped him restore inner balance and overcome the odds. Now he shares his most valuable insights: his “five golden principles” for adapting and thriving in the face of chaos, self-doubt, and pressure.

“We’re told that our toughest opponent is ourselves,” Ohno says. “Yet if we only treat ourselves like an obstacle to overcome, even our successes will never feel lasting or meaningful.” With *Hard Pivot*, he offers more than a method for accomplishing your goals—he helps you develop faith in yourself, unshakable resilience, and a clarity of purpose that will light your path through any challenge.

**Apolo Anton Ohno** earned eight Olympic medals in speed skating and became the most decorated US Winter Olympian of all time—a title he still holds. Today as a cross-industry entrepreneur, successful sports broadcaster, television personality, and *New York Times* bestselling author, he continually adapts his performance mindset and harnesses his experiences to educate and inspire others. He lives in Los Angeles. For more, visit [apoloohno.com](http://apoloohno.com).



**HEALTH & FITNESS /  
ALTERNATIVE THERAPIES**

Sounds True | 4/26/2022  
9781683647485 | \$29.99 / \$38.99 Can.  
Audio CD  
6.6 in H | 6.9 in W

**Other Available Formats:**  
Hardcover ISBN: 9781683647423

## Sacred Medicine

*A Doctor's Quest to Unravel the Mysteries of Healing*

Lissa Rankin

**From *New York Times* bestselling author Dr. Lissa Rankin comes a groundbreaking guide offering hope for healing when all else has failed.**

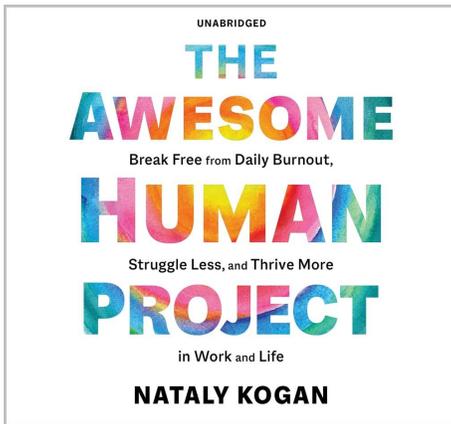
When it comes to healing from illness and injury, how is it that some people do everything right and stay sick, while others seem to do nothing extraordinary yet fully recover? How does faith healing work—or does it? What’s behind the phenomenon of spontaneous remission—and is this something we can influence? Can we make ourselves miracle-prone?

Certain that if she looked hard enough she would find the answers, physician and bestselling author Dr. Lissa Rankin embarked on a decade-long journey to explore these questions and more. The result is *Sacred Medicine*, both a spiritual adventure story and a discerning guide to the sometimes-perilous paths available to patients when both lifestyle changes and medicine have failed them.

Dr. Rankin takes us around the world to meet healers gifted and flawed, go on pilgrimage to sacred sites, investigate the science of healing, dive deep into cutting-edge trauma research, and receive the wisdom of Indigenous cultures for whom healing begins with our sacred connection to Mother Earth. Each chapter contains select practices Dr. Rankin has found particularly effective in fostering our capacity to heal.

At a time when medicine is under scrutiny and wellness fads are debunked every day, *Sacred Medicine* delivers a thoughtful exploration of questions around how we heal—and a path of hope for those in need.

**Lissa Rankin, MD**, *New York Times* bestselling author of *Mind Over Medicine*, *The Fear Cure*, and *The Anatomy of a Calling* is a physician, speaker, and mystic. She lives in the San Francisco Bay area. For more, visit [LissaRankin.com](http://LissaRankin.com).



**SELF-HELP / PERSONAL  
GROWTH / HAPPINESS**

Sounds True | 3/15/2022

9781683647874 | \$29.99 / \$38.99 Can.

Audio CD

6.6 in H | 6.9 in W

**Other Available Formats:**

Hardcover ISBN: 9781683647850

## The Awesome Human Project

*Break Free from Daily Burnout, Struggle Less, and Thrive More in Work and Life*

Nataly Kogan

**Struggle less and live your best life—with a program that's helped millions to gain more energy and resilience.**

Are you overwhelmed by work, relationships, and responsibilities—and wrestling with inner doubt and fear of burning out?

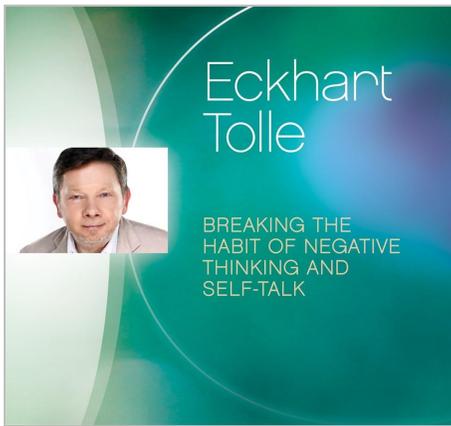
"Challenges in life are constant. But struggle is optional," Nataly Kogan reassures us. "You can't always control what comes your way, but you *can* change how you meet those demands."

A leading expert on emotional fitness and leadership, Nataly has helped more than a million people live with greater resilience and joy. Now, with *The Awesome Human Project*, she makes available to all of us her proven method for reducing daily struggle and burnout, so we can live and work with more energy, joy, and meaning.

"Small changes in mindset can create *big* impacts in your ability to thrive in work and life," Nataly teaches. In a supportive, no-BS, energetic voice, she shows you how to handle pressure with self-compassion, reduce self-doubt by editing your brain's stories, and strengthen your emotional fitness skills so you can not just survive but grow through challenges.

Nataly guides you every step of the way with relatable stories, insightful self-exploration exercises, talk-back-to-your-brain scripts, and simple, science-backed practices for both immediate relief and long-term growth—to become the awesome human that you're meant to be.

**Nataly Kogan** is a leading expert in emotional fitness and leadership, a keynote speaker, and the CEO of Happier Inc. After years of chasing a nonexistent nirvana in the corporate world—at companies like Microsoft and McKinsey—Nataly suffered a debilitating burnout. Her journey to discover how to live with less struggle led her to create a science-backed method she has taught to hundreds of thousands of people through books, virtual programs, and online courses. Learn more at [happier.com](http://happier.com).



**SELF-HELP / PERSONAL GROWTH**

Sounds True | 2/15/2022

9781988649191 | \$29.99 / \$38.99 Can.

Audio CD | Carton Qty: 30

4.8 in H | 5.5 in W

## Breaking the Habit of Negative Thinking and Self-Talk

Eckhart Tolle

**Learn how to let go of self-recrimination and criticism with the expert guidance of Eckhart Tolle.**

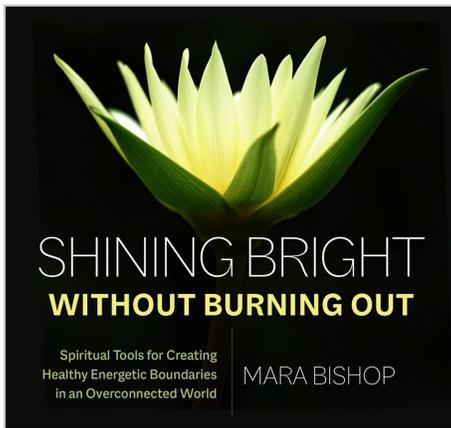
How often do you get into arguments with yourself? Does your Inner Critic weigh in on events far more than your Inner Coach? Have you ever felt drained by the simple act of listening to your own thoughts?

All of this is quite common, and Eckhart Tolle has devoted much of his teaching career to unraveling this intensely personal dilemma. According to Eckhart, this state of constant tension with your own thoughts is a form of egoic addiction—one that will block the way to greater consciousness and fulfillment. Fortunately, *Breaking the Habit of Negative Thinking and Self-Talk* will show you how even the most dogged feud with your mind can be transformed into a gateway to transcendent Presence.

This new audio collection gathers Eckhart's most insightful, compassionate, and immediately applicable sessions on overcoming the allure of negative thoughts. Here, you will discover the origins of the pain-body, practice conscious surrender, and learn on-the-spot techniques for those moments when your awareness is hijacked by the Inner Critic.

It's easier than you think to not be a victim of a runaway mind. With the pointers and practical guidance provided by *Breaking the Habit of Negative Thinking and Self-Talk*, you'll find your own path out of thought spirals and into the infinite potential of the present moment.

**Eckhart Tolle** is widely recognized as one of the most inspiring and visionary spiritual teachers in the world today. With his international bestsellers *The Power of Now* and *A New Earth*—translated into more than 50 languages—he has introduced millions to the joy and freedom of living life in the present moment. For more, see [eckhartolle.com](http://eckhartolle.com).



## Shining Bright Without Burning Out

*Spiritual Tools for Creating Healthy Energetic Boundaries in an Overconnected World*

Mara Bishop

**BODY, MIND & SPIRIT / HEALING  
/ ENERGY (QIGONG, REIKI,  
POLARITY)**

Sounds True | 3/1/2022

9781683648277 | \$79.99 / \$103.99 Can.

Audio CD

6.6 in H | 6.9 in W

**Turn your sensitivity into a strength with tools and practices for protecting, clearing, and nourishing your energy.**

Our world is becoming increasingly connected—and not only because of technology. Many of us are waking up to our energetic and spiritual interconnectedness, as well. For those in healing professions, as well as any empathic and sensitive souls, this can feel overwhelming, confusing, and draining.

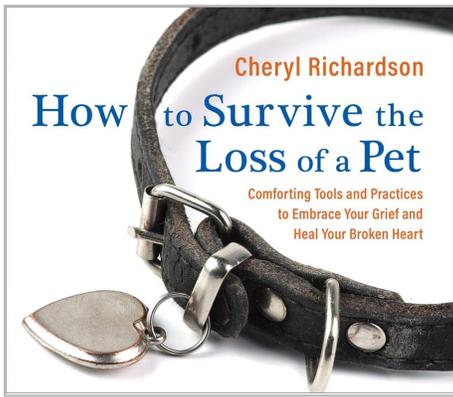
In *Shining Bright Without Burning Out*, veteran practitioner of 25 years Mara Bishop teaches that we have far more ability to keep our energy healthy and sovereign than many people realize. Drawing from research in neuroscience, psychology, fundamental meditation principles, and time-tested shamanic healing methods, Bishop shows us how to adjust the porousness of our energetic bodies at will, so we can remain both clear and connected.

This empowering eight-part audio program is full of teachings, energy practices, meditations, and shamanic journeys to give you critical energy protection skills. Highlights include:

- Understand the difference between healthy compassion and draining empathy
- Explore your energetic personality archetypes—Are you a hummingbird? Bull? Puppy?
- Discover the three phases of energy protection
- Prevent future burnout by building your energetic immune system

For anyone feeling overstimulated and exhausted by our increasingly overconnected world, *Shining Bright Without Burning Out* offers a practical and personal guide to staying sane, healthy, and clear.

**Mara Bishop** is a shamanic practitioner, intuitive consultant, teacher, author, and artist. In private practice, she uses her Personal Evolution Counseling™ method to provide an integrated approach to spiritual healing, personal growth, and emotional well-being. Her books *Shamanism for Every Day: 365 Journeys* and *Inner Divinity: Crafting Your Life with Sacred Intelligence* are resource guides for spiritual practice. She resides in Durham, North Carolina. For more, visit [wholespirit.com](http://wholespirit.com).

**PETS**

Sounds True | 4/19/2022

9781683649021 | \$29.99 / \$38.99 Can.

Audio CD

4.8 in H | 5.5 in W

## How to Survive the Loss of a Pet

*Comforting Tools and Practices to Embrace Your Grief and Heal Your Broken Heart*

Cheryl Richardson

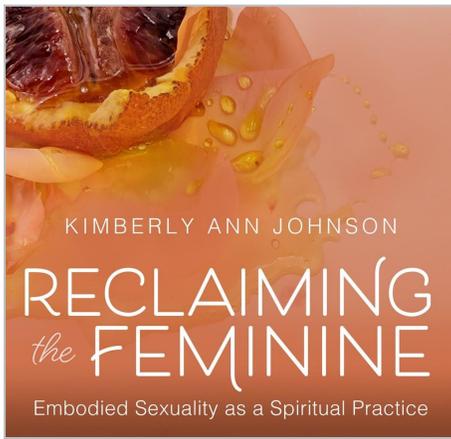
### How to honor the life of your animal companion and navigate the journey of grief, acceptance, and renewal after they pass

They delight us, comfort us, make us laugh, and give us their unreserved love ... so it breaks our hearts when we have to say goodbye to the animals in our lives. “Losing someone we love is painful, no matter what species they are,” says Cheryl Richardson. “When we’re grieving, extreme self-care is the order of the day.” With *How to Survive the Loss of a Pet*, this bestselling author offers guidance and comfort for anyone struggling with the passing of a beloved animal companion.

The bond we share with the animals in our lives is pure, uncomplicated, and powerful—which can leave us unprepared for how intense our feelings of grief are when they pass. In these original audio sessions, Richardson helps you take each step of the grieving process at the pace that’s right for you. Here she shares self-care meditations, journaling practices, insights from her personal experiences of loss, guidance for helping your friends and family understand your needs, rituals for honoring your departed friend, and much more.

“Grief, if we embrace it, opens our heart,” she explains. “In life and in death, our pets can be our greatest teachers about the healing power of love. *How to Survive the Loss of a Pet* is an insightful, sensitive, and heart-opening guide to what can be the most difficult—yet also the most profound—experience we share with our animal companions.

**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](http://cherylrichardson.com).



**HEALTH & FITNESS /  
SEXUALITY**

Sounds True | 4/26/2022

9781683648482 | \$69.99 / \$87.50 Can.

Audio CD

6.6 in H | 6.9 in W

## Reclaiming the Feminine

*Embodied Sexuality as Spiritual Practice*

Kimberly Johnson

**Sexuality and spiritual practice have been at odds for centuries. Kimberly Ann Johnson teaches us how to reconcile the two.**

How do you have sex that changes the world? Start with spirituality that includes your sexuality. “Feminine sexuality is the antidote to a profit-driven, shame-based, patriarchy that robs us all of our basic humanity,” explains author and Sexological Bodyworker Kimberly Ann Johnson. Sharing her experience as a trauma educator, somatic guide, and self-described “vaginapractor,” Johnson draws from a wealth of disciplines to help women claim their inner authority and be more effective at addressing these power dynamics in the world.

In this six-session audio program, *Reclaiming the Feminine: Embodied Sexuality as a Spiritual Practice*, Johnson exposes the layers of separation—from misogyny and trauma to mass marketing and impossible standards of beauty—that have put women at odds with the inherent wisdom of their bodies. Now is the time to embrace a new vision of sexuality in all its forms.

Complete with teachings on the healing power of sex and practices to cultivate whole-body awareness and radical honesty, *Reclaiming the Feminine* offers a “re-wilding process to get back to our essential natures.” As Johnson teaches, “Our work here is to reclaim parts of ourselves that may have been left behind when we attempted to fit into rigid boxes of what ‘spiritual’ looks like, or ‘good’ looks like. It takes real magic and power to be a woman who owns her body and mind.” This program shows us how.

**Kimberly Ann Johnson** is a Sexological Bodyworker, Somatic Experiencing® practitioner, yoga teacher, postpartum advocate, and single mom. She helps women heal from birth injuries, gynecological surgeries, and sexual boundary violations. She is the author of the *Call of the Wild: How We Heal Trauma, Awaken Our Own Power, and Use It for Good* as well as the early mothering classic *The Fourth Trimester*.

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