



 sounds true

Spring 2020

**HEAL YOURSELF.
RECLAIM YOUR VOICE.
STAND IN YOUR POWER.
F*CK LIKE A GODDESS.
ALEXANDRA ROXO**

F*ck Like a Goddess

Heal Yourself. Reclaim Your Voice. Stand in Your Power.

Alexandra Roxo

Reclaim your power, heal your wounds, and step into your confidence as a modern woman with this practical, dynamic guide

Many modern women are fed up with the status quo that tries to put us into boxes and take away our power. With cultural movements like #MeToo and an ever-changing political climate, we can find ourselves overwhelmed by the powerful emotions and issues that are bubbling up. How do we release the trauma? Deal with the pain? Empower ourselves and move through as a culture?

*F*ck Like a Goddess* is a road map for modern women. As a prominent voice in transformational healing and the divine feminine who has emerged stronger and wiser from her own experiences with sexual abuse, mental abuse, and body shaming, Alexandra Roxo has developed the tried-and-true methods in this book for getting beyond our cultural programming and beginning to live and “fuck” like a Goddess—metaphorically and literally. This book will guide you to see that healing, reclaiming your voice, and stepping into your full security can be magical . . . and will lead to finding power that is truly *yours*.

As Alexandra says, “We are in need of an uprising of messy, wild women, who have reclaimed their bodies, standing in their sacred sexuality *for them*. We need women living from their own hearts. We need the balance between the fierce and the mindful; the Warrior Woman and the gentle, compassionate lover.”

Alexandra Roxo is a transformational coach, writer, and cofounder of the online community and ritual program Moon Club. Her writing has been featured in *Girlboss*, *Teen Vogue*, *MindBodyGreen*, and more. She has been featured in the *New York Times*, *The Guardian*, and *Nylon* magazine for her innovative approach to healing and wellness. She has been named a modern spiritual leader by Well+Good. She currently lives in Los Angeles. For more, visit alexandraroxxo.com.

SELF-HELP / PERSONAL GROWTH / SELF-ESTEEM

Sounds True | 5/19/2020
9781683643944 | \$24.99 / \$32.50 Can.
Hardcover with dust jacket | 232 pages
9 in H | 6 in W
N/A

MARKETING

Advertising in trade and core market publications (print/digital)
Tie-in to author event schedule and co-promotion with Moon Club
Dedicated eblast to targeted segment of ST 1.3M mailing list
Targeted media outreach to women’s and spirituality outlets
National media attention

Angels and Archangels

The Western Path to Enlightenment

Damien Echols

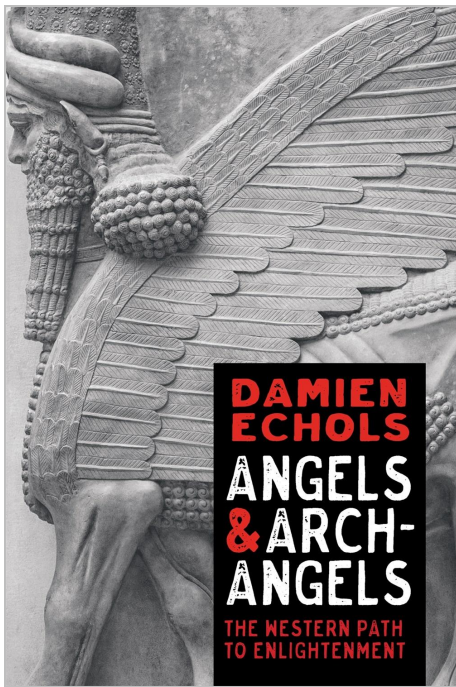
Learn to call on the divine assistance of angelic forces to shape your life in this in-depth guide from Damien Echols

“Angels do not belong to any one single religion, system, or dogma,” teaches Damien Echols. “They don’t care what religion we subscribe to. The angels are here to help us grow, evolve, and reach our full potential.” With *Angels and Archangels*, this bestselling author combines his unique blend of hard-won experience and scholarship to create a breakthrough guide to understanding what angels are, how they make themselves available, and magickal practices to invoke their power to transform your life.

Damien Echols has helped ignite a wave of new interest in magick—the Western path of spiritual growth and awakening. Here Echols clears away the cultural confusion and misrepresentation of angels to provide a lucid and practical set of tools for working with these timeless forces for divine wisdom and healing power.

When Echols was wrongly convicted of murder as part of the West Memphis Three case, he had every reason to reject angels as being part of the dogma his persecutors wielded against him. “Never in a million years did I think that one day I would have a passion for the subject of angels,” he says. “Yet these days, nearly every act of magick I perform involves evoking angels. Because angel magick works. *Always*. I’ve never found any other form of magick that comes close.”

Damien Echols is the author of the *New York Times* bestseller *Life After Death, Yours for Eternity*, and *High Magick*. The West Memphis Three story is the subject of the documentaries *Paradise Lost* and *West of Memphis*. He and Lorri live in Harlem. For more, visit damienechols.com.



BODY, MIND & SPIRIT / ANGELS & SPIRIT GUIDES

Sounds True | 5/12/2020

9781683643265 | \$24.99 / \$32.50 Can.

Hardcover with dust jacket | 300 pages

9 in H | 6 in W

100+ B&W illos TK from various cleared sources
+ author

Other Available Formats:

Audio ISBN: 9781683643029

MARKETING

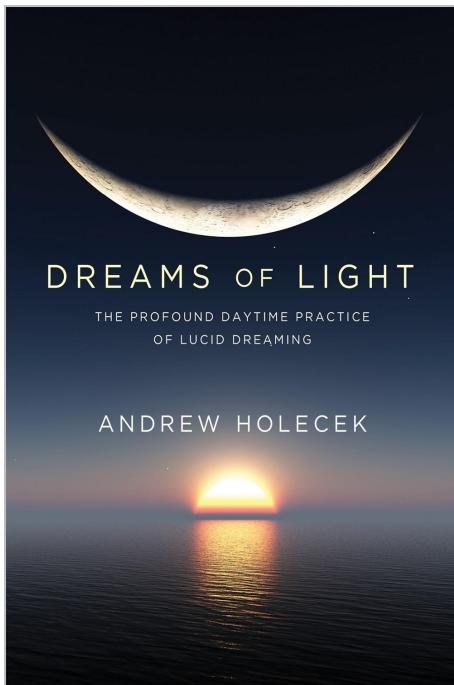
Advertising in trade and core market publications (print/digital)

Major pre-order campaign, targeting author community (210K social media / 38K email)

Dedicated eblast to targeted segment of ST 1.5M mailing list

Major national media outreach to TV, radio, podcast, print & online outlets

Multi-city book tour



BODY, MIND & SPIRIT / SPIRITUALISM

Sounds True | 8/18/2020
 9781683644354 | \$18.99 / \$24.99 Can.
 Trade Paperback | 400 pages
 9 in H | 6 in W
 N/A

Other Available Formats:
 Audio ISBN: 9781683645665

MARKETING

Consumer advertising campaign in Buddhist publications
 Video practice series with Facebook advertising
 Author's "Night Club" member community with live webinars, guest speakers, and discussion forums
 Targeted media outreach to health & wellness, yoga, and spirituality outlets

Dreams of Light

The Profound Daytime Practice of Lucid Dreaming

Andrew Holecek

With *Dreams of Light*, a world-renowned expert in lucid dreaming and Tibetan dream yoga guides us into the tradition's daytime practices

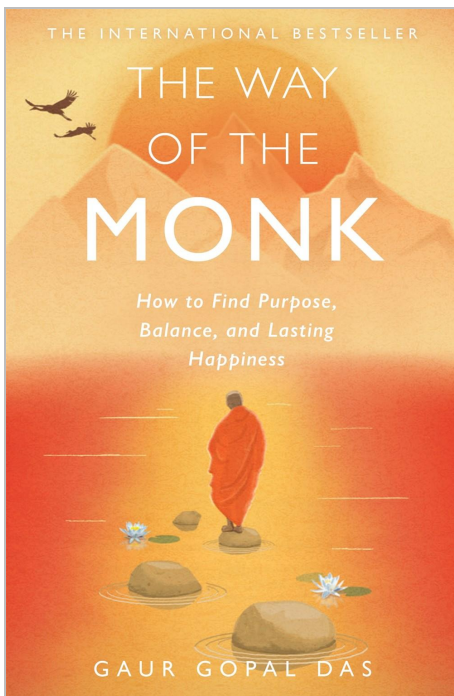
Most of us are absolutely certain that we're awake here and now—it's a given, right? Yet, according to Tibetan dream yoga, ordinary waking life is in fact a delusion, as illusory as our nightly dreams. In his previous book *Dream Yoga*, Andrew Holecek guided us into Tibet's nocturnal path of lucid dreaming and other dimensions of sleeping consciousness. Now, with *Dreams of Light*, he offers us a step-by-step guide to Tibetan dream yoga's *daytime* practices.

Known in Tibet as the "illusory form" practices, these teachings include insights, meditations, and actions to help us realize the dreamlike nature of our lives. Through an in-depth exploration of the tradition, beginners and seasoned practitioners alike will learn everything they need to enter the unexplored realms of our waking states.

"If you've struggled to awaken in your dreams," teaches Holecek, "these techniques will often spark spontaneous lucidity during sleep. And if you're already a successful lucid dreamer, they will open you to new depths of experience throughout your day."

For those curious about altered states of consciousness, psychedelic therapies, and near-death and out-of-body experiences, *Dreams of Light* opens a time-honored gateway to kindred—and for many, even more profound—terrains of perception.

Andrew Holecek teaches seminars on spirituality, meditation, and dream yoga. He is the author of *The Power and the Pain: Transforming Spiritual Hardship into Joy* and *Preparing to Die: Practical Advice and Spiritual Wisdom from the Tibetan Buddhist Tradition*. For more information, visit andrewholecek.com.

**SELF-HELP / SPIRITUAL**

Sounds True | 8/4/2020

9781683646624 | \$18.99 / \$24.99 Can.

Trade Paperback | 256 pages

8 in H | 5.3 in W

N/A

MARKETING

Facebook promotion, targeting 4.3M Gaur Gopal Das followers

Dedicated eblast to targeted segment of ST 1.5M mailing list

Social media promo to 400K ST followers across Facebook, Instagram, Twitter

Major national media outreach to TV, radio, podcast, print & online outlets

Select author appearances

The Way of the Monk

How to Find Purpose, Balance, and Lasting Happiness

Gaur Gopal Das

What can a member of a Mumbai ashram offer the modern world? Gaur Gopal Das shows that a monk still has much to teach about living a happy and balanced life.

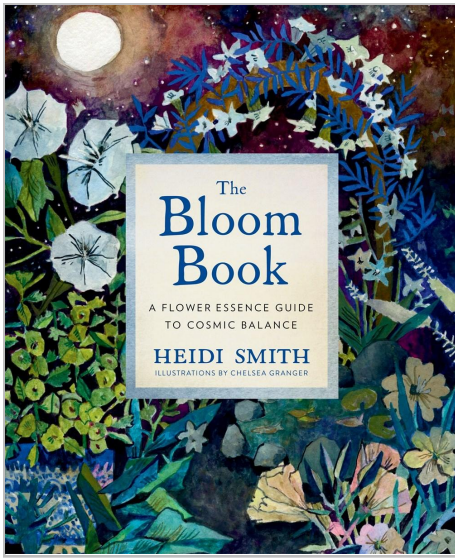
In contemporary culture, the popular conception of a “monk” is often of a dour ascetic who lives apart from society and never engages with the day-to-day problems of humanity. Gaur Gopal Das, a monk from an ashram in Mumbai, shows that this image couldn’t be further from the truth.

In *The Way of the Monk*, Gopal Das presents a guide to navigating some of the contemporary world’s most fundamental questions. How can we achieve peace when the world is so full of noise and conflict? How do we learn to let go of attachment when consumer culture constantly tells us that we are unfulfilled? How can we embody love when our interactions with others are so fraught with old wounds and misunderstanding?

According to Gopal Das, the keys to unraveling these dilemmas have existed for thousands of years throughout the world's great wisdom traditions. Structured around the four “wheels” of behavior that support a healthy, balanced life, *The Way of the Monk* teaches fundamental skills of mindfulness, self-inquiry, positive communication, and more. Gopal Das writes from the perspective of a trusted friend, weaving tales he's encountered over the years into a teaching story.

Already a bestseller in India, *The Way of the Monk* is an ideal entry point for those who are just stepping onto the spiritual path. Here you will find a humorous and profound journey into truths that exist beyond the boundaries of geography, tradition, and nationality.

Gaur Gopal Das is a former Hewlett Packard engineer who joined the International Society for Krishna Consciousness (ISKCON) as a monk in 1996. Since then, he has become a popular speaker and motivational coach both on YouTube and in public. For more, see gaurgopaldas.com.



HEALTH & FITNESS / HERBAL MEDICATIONS

Sounds True | 5/12/2020
 9781683643807 | \$23.99 / \$31.50 Can.
 Hardcover Paper over boards | 232 pages
 9 in H | 7.5 in W
 Approximately 90 Images 4-color illos

MARKETING

Extensive trade, consumer, and social media advertising campaign
 Finished book mailing to apothecaries, herbalism/alternative medicine schools, and top indie booksellers
 Dedicated eblast to a large segment of Sounds True's 1.5M email subscribers
 Target cross-promotion opportunities with author's influencer network and other well-known professionals in herbal medicine
 Targeted media outreach to women's, spirituality, and health & wellness outlets
 National media attention
 Select author appearances and w...

The Bloom Book

A Flower Essence Guide to Cosmic Balance

Heidi Smith

Awaken your most vibrant, balanced, and empowered self through the healing powers of flower essences

"Every flower holds a unique consciousness. To connect with their essence is to return to cosmic balance." –Heidi Smith

Recent years have seen an exponential rise in plant healing. The newest remedies on the scene are flower essences, and Brooklyn-based Heidi Smith is one of their most popular advocates. With *The Bloom Book*, Smith has created an invaluable resource for using flower essences to bring harmony to both ourselves and our world.

A somatic psychotherapist, flower essence practitioner, registered herbalist, and longtime student of the Egyptian mysteries, Smith not only demystifies flower essences as a potent form of vibrational healing, she explores how we can use these modalities to usher the divine feminine back into our collective consciousness.

Filled with gorgeous illustrations by artist Chelsea Granger, *The Bloom Book* serves as both an information-rich resource and interactive guidebook.

Highlights include: an exploration of vibrational healing from ancient alchemists to modern-day medicine women; a *materia medica* of select flower essences; rituals and recipes for protection, grounding, and other needs; how to work with the cycles of the moon; and much more.

Heidi Smith has a master's degree in mental health counseling, as well as a degree in herbalism. She's one of only 15 registered herbalist practitioners in New York State. Her private practice, Moon & Bloom, incorporates her knowledge of plant medicine and somatic psychotherapy to help people heal at the source of their imbalances. Since the launch of her practice, she's been featured in *Vanity Fair*, *Bon Appetit*, and *mindbodygreen*. She lives in Brooklyn. For more, visit moonandbloom.com

Heart Minded

How to Hold Yourself and Others in Love

Sarah Blondin

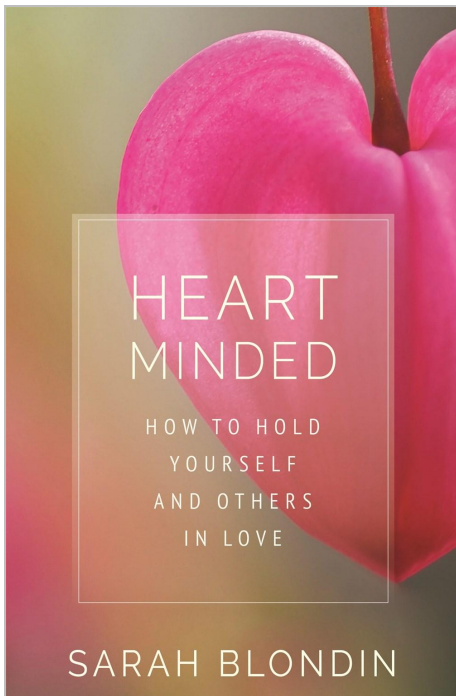
Learn how to listen to your feeling body and heart—how to hold yourself in love—through guided meditation

What is it we are looking for when we meditate? Calm? Wisdom? In the hundreds and hundreds of emails sent to top online meditation teacher Sarah Blondin, people tell her that what they want most is just to slow down and give themselves loving attention. They want to stop their mental chatter and feel alive in their bodies and inspired by their hearts.

In *Heart Minded*, Blondin offers the kind of guided meditations and commentary that have made her such a rock star online. With a raw, poetic brilliance, Blondin guides you to override your busy mind and turn toward your heart so you can get back on track with yourself. “When we turn toward our hearts, we arrive like a bolt of lightning in the present moment, and all our arguments against ourselves and life go quiet. We feel lit from within by a force we had no idea was there. No matter where you are, no matter what you are doing, you can touch this place in yourself and feel free and alive.”

Read *Heart Minded* from front to back for a full course in living a life guided by the wise heart—or open to any page for a quick reminder that, beneath your burdens and troubles, you are fundamentally whole and free.

Sarah Blondin’s InsightTimer meditations have received over 7 million plays from over 600,000 listeners. She is also host of her own half-million-listener podcast *Live Awake*. Her work has been translated into several languages and is in use in prison, recovery, and wellness programs. Her online course, *Coming Home to Yourself*, released in the spring of 2018, is InsightTimer’s top seller. She lives in the quiet countryside of British Columbia, Canada, with her husband and two sons. More at sarahb...



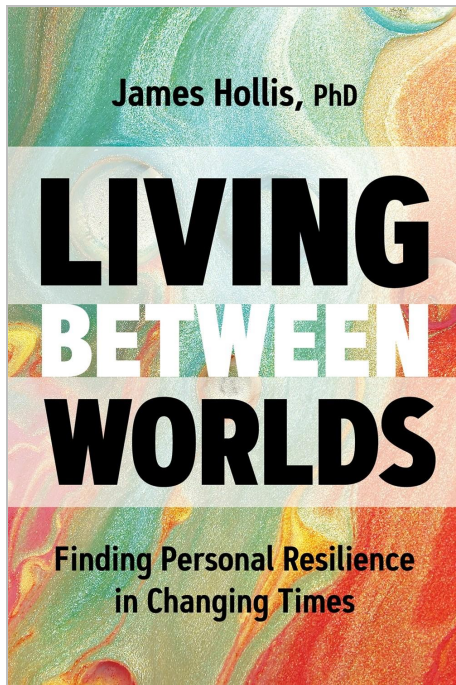
BODY, MIND & SPIRIT / MINDFULNESS & MEDITATION

Sounds True | 6/16/2020
 9781683643418 | \$20.99 / \$27.50 Can.
 Hardcover with dust jacket | 224 pages
 8 in H | 5.3 in W
 N/A

Other Available Formats:
 Audio ISBN: 9781683643449

MARKETING

Dedicated eblast to a large segment of Sounds True’s 1.5M email subscribers
 Target cross-promotion opportunities with author’s endorsers and influencer network
 Integration of audio meditations into a dedicated social media campaign on Sounds True social media (combined reach of 450K+)
 Targeted media outreach to mainstream, spirituality, yoga, health & wellness, and women’s media
 Features on contributor websites, newsletters & social media
 Select author appearances



Living Between Worlds

Finding Personal Resilience in Changing Times

James Hollis

What guides us when our world is changing? Discover the path to deeper meaning and purpose through depth psychology.

What makes the challenges of our time so unique and daunting in human history? Technology? Resource depletion? In *Living Between Worlds*, Dr. James Hollis challenges us to look within for the real cause. “Few of our ancestors, if any, became enemies of themselves as we do; few split themselves off from their internal forms of guidance,” he explains. “We can serve the drives for power, wealth, status, whatever, but we cannot create *meaning*. Meaning is a by-product of being in right relationship to our soul.”

Dr. Hollis’s readers know him as a penetrating thinker who brings profound insight and sophistication to the inner journey. In *Living Between Worlds*, he broadens his lens to encompass the relationship between our inner struggles and the rapidly shifting realities of modern human existence. This is not a journey that will yield easy answers or pat reassurances. Yet by invoking the guidance of depth psychology, classical literature, philosophy, and myth, you will gain access to resources of purpose, courage, and hope that transcend time and circumstance. “We will always live in in-between times,” Hollis teaches. “Perhaps we may drop our plumb line into those same guiding currents which ran through the souls of the ancients . . . and run through ours as well.”

JAMES HOLLIS, PhD, is a Jungian analyst, a former director of the Jung Society of Washington, DC, and a professor of Jungian Studies for Saybrook University of San Francisco/Houston. He is a bestselling author whose 15 books include *Finding Meaning in the Second Half of Life*, *The Eden Project*, *What Matters Most*, and *Living an Examined Life*. He lives with his wife, Jill, in Washington, DC. For more, visit jameshollis.net.

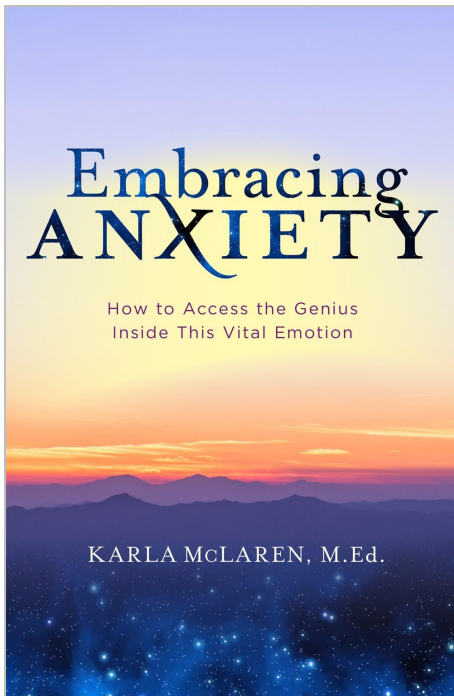
PSYCHOLOGY / MOVEMENTS / JUNGIAN

Sounds True | 6/23/2020
9781683645610 | \$22.99 / \$29.99 Can.
Hardcover with dust jacket | 176 pages
9 in H | 6 in W
N/A

Other Available Formats:
Audio ISBN: 9781683645993

MARKETING

Promotional support of Jungian Society chapters nationwide, including 9-city lecture tour
Consumer ad campaign in spirituality & psychology outlets
Social media campaign, including author’s highly engaged Facebook community (5K)
Targeted media outreach to mainstream, spirituality, new age, and academic media
Features on contributor websites, newsletters & social media
Select author appearances in DC Metro area



SELF-HELP / ANXIETIES & PHOBIAS

Sounds True | 6/30/2020
 9781683644415 | \$17.99 / \$23.50 Can.
 Trade Paperback | 224 pages
 8 in H | 5.3 in W
 N/A

MARKETING

Advertising in trade and core market publications (print/digital)
 Facebook/search advertising, targeting 40M anxiety sufferers in the U.S.
 Dedicated eblast to targeted segment of ST 1.5M mailing list
 Targeted media outreach to mainstream, spirituality, health & wellness, and women's media
 Features on contributor websites, newsletters & social media

Embracing Anxiety

How to Access the Genius Inside This Vital Emotion

Karla McLaren

An in-depth guide for engaging with anxiety—not as an affliction, but as an essential source of foresight, intuition, and energy for completing your tasks and projects

If you're facing anxiety, you've probably got one thing on your mind—how to make it go away. But what if this challenging emotion were actually trying to *help*?

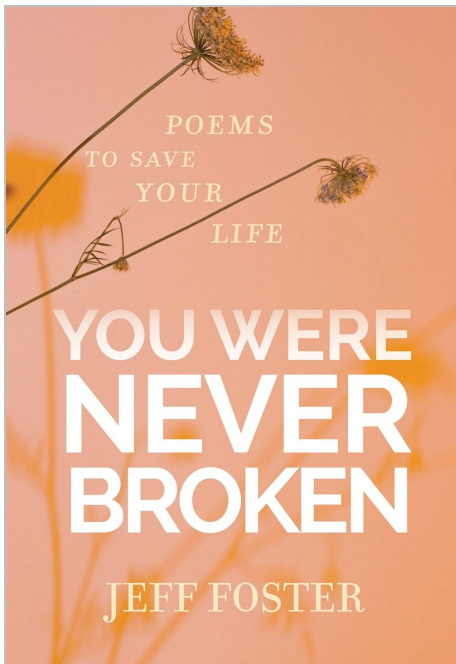
"When we ignore or repress our anxiety," teaches Karla McLaren, "it can overwhelm us. But when we learn to welcome it with skill, we can access its remarkable gifts."

Engaged with wisely, anxiety is your task completion ally—it helps you to focus, plan, take action, and fulfill your goals. With *Embracing Anxiety*, you'll join this acclaimed educator and researcher to explore:

- Principles and practices to befriend your anxiety at every level of intensity (*before* it overwhelms you)
- Strategies to engage with anxiety as a resource for foresight, conscientiousness, and motivation
- Why fear, panic, worry, and anxiety are not the same, and tools to work with each effectively
- How anxiety blends with anger, sadness, and other emotions, and how to clarify these compounded states
- Using McLaren's Conscious Questioning practice to engage with anxiety and garner its insights
- How to embrace procrastination and still get things done

"When you identify, listen to, and act on anxiety skillfully, you support its purpose," teaches McLaren, "and allow it to recede naturally until it is needed again." With *Embracing Anxiety*, you'll learn how to get this powerful emotion on your side.

Karla McLaren, M.Ed., is an award-winning author, social science researcher, educator, and founder/creator of an empathic and emotion-honoring approach to emotions called *Dynamic Emotional Integration*®. She has taught at the University of San Francisco, Omega, Naropa University, Kripalu, and the Association for Humanistic Psychology. Karla lives in California with her husband, Tino Plank.

**SELF-HELP / SPIRITUAL**

Sounds True | 7/28/2020

9781683645597 | \$17.99 / \$23.50 Can.

Trade Paperback | 200 pages

8 in H | 5.5 in W

N/A

MARKETING

Social media advertising with illustrated book videos and poetry excerpts
 Cross-promotion on author's social media platform and email list (combined reach of 250K+)

Dedicated eblast to a large segment of Sounds True's 1.5M email subscribers
 Targeted media outreach to mainstream, spirituality, health & wellness, and poetry outlets

Select author appearances

You Were Never Broken

Poems to Save Your Life

Jeff Foster

Poems for accepting all that you are—including those parts of yourself that you wish you could disown

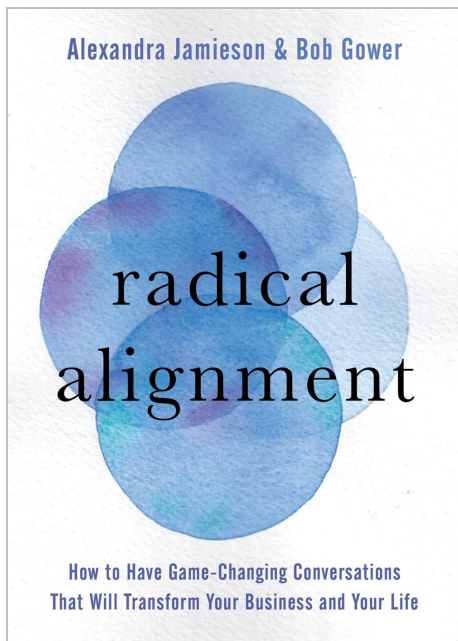
At one time, Jeff Foster wanted to die. After a lifetime of self-loathing, crippling fear, and attempts to numb his own feelings, he was left on the verge of suicide. It was only when he opened himself completely to his emotions—both the unbearable and the wonderful—that he stopped seeking death and started truly living.

In *You Were Never Broken*, Foster explores this transformation through poetry so raw and vulnerable that you too will feel the full triumph of his journey. Whether exploring life's uncertainties or the joy of personal realization, Foster's poems embrace the full spectrum of human experience.

Amid these verses, Foster provides his signature direct teachings on meditation, the great value of stillness and silence, and what it means to surrender completely to the beauty of the present moment. For Foster, the winding path to self-acceptance started with nonjudgmental observation of the thoughts that plagued him—and here he shares his world-renowned expertise on how to begin your own journey.

With *You Were Never Broken*, Jeff Foster shares the true heart of his inspiring, revelatory path to awakening. In his own words, these are poems to make you stand up and cry, "Yes, I am broken . . . but I am unbreakable!"

Jeff Foster shares from his own awakened experience a way out of seeking fulfillment in the future and into the acceptance of "all this, here and now." He is the author of *The Deepest Acceptance* and *The Way of Rest*. Following a period of depression and physical illness, he embarked on an intensive spiritual search that came to an end with the discovery that life itself was what he had always been seeking. For more, see lifewithoutacentre.com.



Radical Alignment

How to Have Game-Changing Conversations That Will Transform Your Business and Your Life

Alexandra Jamieson, Bob Gower

A proven method to get your team unstuck and into alignment

Why do so many organizations, teams, couples, families, and other groups waste energy on unproductive conflict? Even when everyone has the same general goals, what's often missing is a deeper alignment based on mutual trust, respect, and empathy. With *Radical Alignment*, top-level life and business coaches (and happily married couple!) Alexandra Jamieson and Bob Gower share their potent method for helping groups to stop clashing and start working together—to jump from “we can’t” to an enthusiastic “hell yes!”

Jamieson and Gower teach practical tools to help each member of a group skillfully express their core values, concerns, and highest hopes for any undertaking—building a foundation of understanding and respect that can support even the most ambitious goals. Their All-In Method starts with making the implicit *explicit* so collaborators are able to develop a foundation of empathy and trust. “The world needs more people who know how to build aligned and empathic relationships—in businesses, communities, and families—through powerful, clear conversations,” write the authors. *Radical Alignment* brings you a “low-drama, high-joy” technique to transform the way you collaborate and communicate in every area of your life.

Alexandra Jamieson is a success coach for driven womxn who has been featured on *The Oprah Winfrey Show*, *The Martha Stewart Show*, and more. She was *Elle* magazine’s Inspirational Coach in 2015, and was the co-creator of the Oscar-nominated *Super Size Me*. Visit alexandrajamieson.com. **Bob Gower** helps organizations design and build future-ready systems. He is an authority on lean, agile, and responsive org design, and has worked with Ford, Spotify, GE, and many others. Visit bobgower.com.

SELF-HELP / COMMUNICATION & SOCIAL SKILLS

Sounds True | 8/11/2020

9781683646051 | \$19.99 / \$25.99 Can.

Hardcover Paper over boards | 120 pages

7 in H | 5 in W

N/A

MARKETING

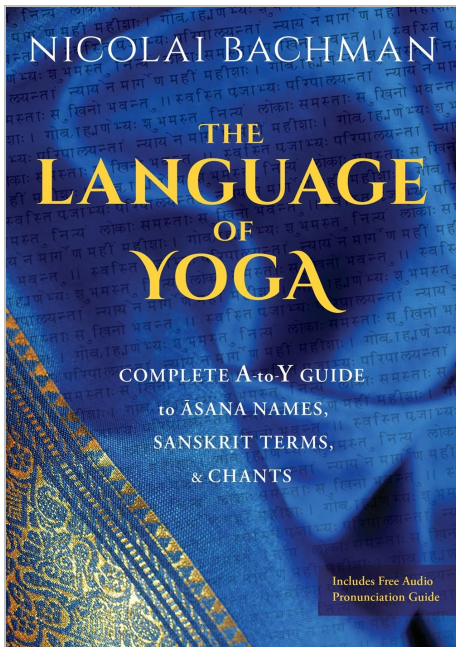
Advertising in trade and core market publications (print/digital)

#RadicalAlignment social media campaign, targeting ST and author communities

Dedicated eblast to targeted segment of ST 1.5M mailing list

Major national media outreach to TV, radio, podcast, print & online outlets

Multi-city book tour



HEALTH & FITNESS / YOGA

Sounds True | 5/5/2020

9781683644743 | \$18.99 / \$24.99 Can.

Trade Paperback | 128 pages

8.5 in H | 6 in W

200+ illustrated yoga postures

Other Available Formats:

Hardcover ISBN: 9781591792819

MARKETING

Dedicated eblast to a large segment of Sounds True's 1.5M email subscribers
Finished book mailing to Buddhist organizations, local monasteries, and organizations focusing on women in Buddhism

Dedicated social media campaign on Sounds True social media (combined reach of 450K+)

Targeted media outreach to health & wellness, yoga, and spirituality outlets

The Language of Yoga

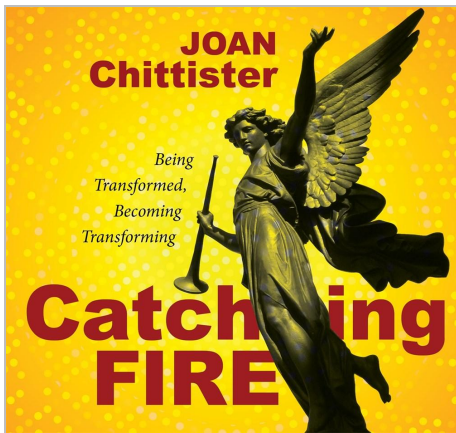
Complete A-to-Y Guide to Asana Names, Sanskrit Terms, and Chants

Nicolai Bachman

Pronounce the Sanskrit names of yoga poses even better than your yoga teacher with this complete illustrated dictionary of yoga poses, enhanced by a free audio pronunciation guide for each pose

The Language of Yoga is a definitive guide to the asana (physical postures) limb of yoga. This paperback edition contains more than 200 illustrated yoga postures with both English and Sanskrit names. Additional yoga-related Sanskrit terms and over a dozen common chants and sutras round out the content. Audio pronunciation guides offered as free downloads at SoundsTrue.com help readers gain the knowledge, confidence, and precision of mastering the Sanskrit names and chants correctly. Written by a respected Sanskrit scholar, *The Language of Yoga* is a perfect tool to help edify and empower yoga students (and teachers) on their path to deepening their yoga practice.

Nicolai Bachman has taught Sanskrit, chanting, yoga philosophy, and Ayurveda since 1994. Nicolai has studied extensively at the American Sanskrit Institute, the Ayurvedic Institute, the American Institute of Vedic Studies, and the Vedic Chant Center. He holds an MA in Eastern philosophy, an MS in nutrition, and is E-RYT 500 certified. Nicolai's publications include *The Language of Yoga*, *The Path of the Yoga Sutras*, and *The Language of Ayurveda*. For more, visit sanskritsounds.com.

**SELF-HELP / SPIRITUAL**

Sounds True | 5/5/2020

9781683643081 | \$69.99 / \$90.99 Can.

Audio CD

6.6 in H | 6.9 in W

Catching Fire

Being Transformed, Becoming Transforming

Sister Joan Chittister

Beloved author, elder, and wisdom holder Sister Joan Chittister invites listeners into a rich landscape of questions and topics illuminating to those of many traditions

How do we face unbearable hurt and struggle?

When we feel lost, alone, and in despair, how do we spark the divine fire within?

What are our unique gifts, and to what purpose are we meant to use them?

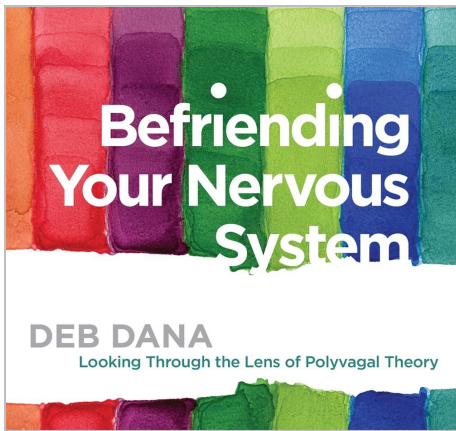
For over four decades, Sister Joan Chittister has inspired countless readers to expand the nature of their faith—to live wider, deeper, and more fully engaged in a world that needs us.

Recorded at Mount Saint Benedict Monastery, these immersive conversations speak to a wealth of topics relevant to contemplative Catholics, Christians, and anyone seeking inspiration from a wise and heartfelt fellow traveler on the spiritual path. With her, listeners will explore how to embrace the hidden gifts of struggle and regret, clarify our purpose, and experience the last third of our lives more richly.

Here, Sister Joan puts special emphasis on the "prophetic spirituality" of Jesus: his mission not only as a healer but as a *prophet*—one who perceives and takes action in the face of injustice and inequality.

"God created the world, but God did not complete it," she reflects. "That task is left to you and me." With *Catching Fire*, we are invited to embark on our own journey of self-transformation—and to transform, in turn, everyone and everything we encounter.

Joan Chittister is an outspoken advocate of justice, peace, and equality. She is a Sister in the Benedictine Order and is the author of more than 50 books, dedicating her life to voicing questions that test popularly accepted truths of the day. Her questions to both church and society focus on the empowerment of women, the development of contemporary spirituality, a redefinition and renewal of Benedictine life for seekers today, and justice for the oppressed and marginalized.

**MEDICAL / NEUROSCIENCE**

Sounds True | 6/23/2020

9781683644613 | \$79.99 / \$103.99 Can.

Audio CD

6.6 in H | 6.9 in W

Befriending Your Nervous System

Looking Through the Lens of Polyvagal Theory

Deborah Dana

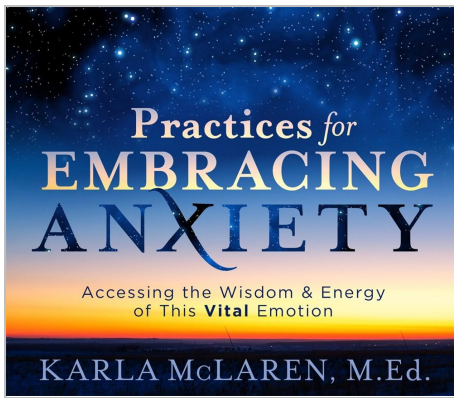
Teachings and practices for harnessing the power of your nervous system to support healthy relationships and personal well-being

The same neurological processes that cause you unwanted stress and discord can also be harnessed to summon relaxation, spaciousness, and equanimity. In *Befriending Your Nervous System*, clinician Deb Dana explains how new insights into the human nervous system shed considerable light on our automatic survival responses.

In this audio offering, Dana presents a simple, hopeful message: when you approach these subconscious processes with openness, mindful attention, and above all curiosity, you can gain the understanding necessary to shape their outcomes. Dana draws from the recent explosion of research in Polyvagal Theory, which posits that our most hardwired survival responses are regulated by the Vagus nerve and can be consciously regulated through repeated exercises.

Here Dana teaches how to work with the body's innate ability to pick up social signals and cultivate "micro-moments" of safety, retraining your automatic responses to stress, conflict, and hardship. Including in-depth practices such as guided imagery, meditation, and ongoing self-inquiry, *Befriending Your Nervous System* offers a practical user's manual for anyone seeking greater self-awareness.

Deb Dana, LCSW, is a clinician and consultant specializing in working with complex trauma and is the Coordinator of the Kinsey Institute Traumatic Stress Research Consortium. Deb's work at the Kinsey Institute is focused on using the lens of Polyvagal Theory to understand and resolve the impact of trauma and create ways of working that honor the role of the autonomic nervous system. She developed the Rhythm of Regulation Clinical Training Series and lectures internationally.



SELF-HELP / ANXIETIES & PHOBIAS

Sounds True | 6/30/2020

9781683644774 | \$29.99 / \$38.99 Can.

Audio CD

4.8 in H | 5.5 in W

Practices for Embracing Anxiety

Accessing the Wisdom and Energy of This Vital Emotion

Karla McLaren

Guided audio practices to stop fighting anxiety and start working with it as an untapped source of energy, focus, foresight, and productivity

Are you struggling with anxiety? If so, you've probably tried the usual options—distraction, repression, medication, exercise, or just trying to ignore it. But anxiety, like all of our emotions, evolved to help us. And when we know how to work with it, this powerful emotion gives us focus, foresight, and the motivation to complete our tasks and fulfill our goals.

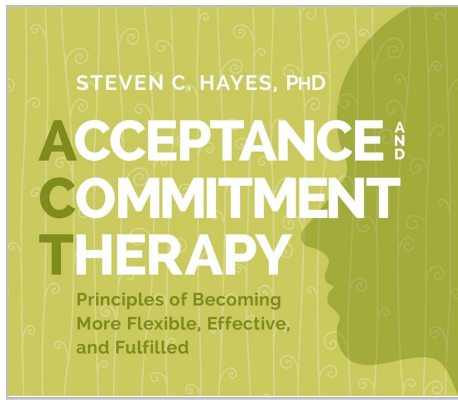
This audio program guides you through the essential practices taught in Karla McLaren's book *Embracing Anxiety*. Here, this acclaimed educator, researcher, and author invites you to transform your relationship with anxiety through:

- Strengthening your boundaries to create a safe and calm personal space
- Conscious Complaining—a technique to stop repressing anxiety and allow it to self-regulate and reveal the information it carries
- Burning old "contracts" to bring your emotions back to their natural balance
- Resourcing—rejuvenating yourself with somatic healing practices for comfort and empowerment
- Conscious Questioning—a self-inquiry process for accessing the insights and energy of anxiety, and more

"When you identify, listen to, and act on anxiety skillfully, you support its purpose," teaches McLaren, "and allow it to recede naturally until it is needed again." *Practices for Embracing Anxiety* shows you the way, step by step.

Karla McLaren, M.Ed., is an award-winning author, social science researcher, and empathy pioneer. Her work focuses on her grand unified theory of emotions, which revalues even the most "negative" emotions and opens startling new pathways into self-awareness, effective communication, and healthy empathy. She is the CEO of Emotion Dynamics LLC and the developer of the **Empathy Academy** online learning site.

Karla is the author of *Embracing Anxiety*, *The Dynamic Emotional Integration Workbook*, *The Art ...*



**PSYCHOLOGY /
PSYCHOTHERAPY**

Sounds True | 7/14/2020

9781683644682 | \$29.99 / \$38.99 Can.

Audio CD

4.8 in H | 5.3 in W

Acceptance and Commitment Therapy

Principles of Becoming More Flexible, Effective, and Fulfilled

Steven C. Hayes

The pioneering originator of ACT teaches us the core principles and methods of this innovative, evidence-based model of life transformation

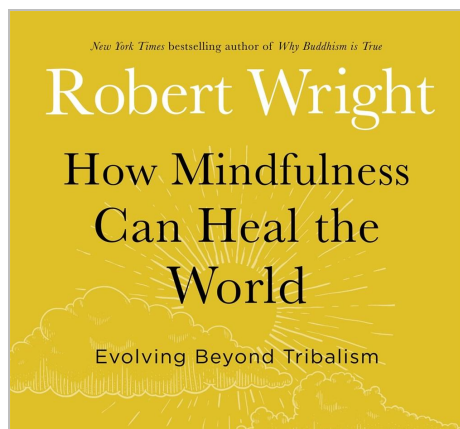
Have you ever tried to "think your way" out of emotional turmoil—and ended up feeling even worse? Acceptance and Commitment Therapy (ACT) emerges from a remarkable insight: that when our normal problem-solving skills are applied to painful thoughts or feelings, suffering often increases.

Steven C. Hayes, ACT's originator and co-developer, has found this to be true in almost every area of life's struggles. "Fortunately," he begins, "we have discovered why this is, and we have developed ways of correcting it."

For over 30 years, ACT has been used effectively to treat not only mental and behavioral health problems such as anxiety and depression, but to help support workplace success, sports performance, and social change. ACT works by helping us to accept and learn from our emotions, to think more freely and flexibly, and to find a liberating new perspective that allows us to take action based on what matters most to us.

Here, listeners will join this pioneering researcher to learn firsthand about the essentials of ACT. For anyone seeking to improve their lives, these sessions offer an immersive way to understand this demonstrated path to greater happiness and well-being.

Steven C. Hayes, PhD, is Nevada Foundation Professor in the Department of Psychology at the University of Nevada. An author of 45 books and over 625 scientific articles, his work focuses on understanding the nature of human language and cognition, and how it can help alleviate human suffering. He is the developer of Relational Frame Theory and has guided its extension to Acceptance and Commitment Therapy (ACT). Learn more at stevenchayes.com.



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

Sounds True | 8/4/2020

9781683644705 | \$69.99 / \$90.99 Can.

Audio CD

6.6 in H | 6.9 in W

How Mindfulness Can Heal the World

Evolving Beyond Tribalism

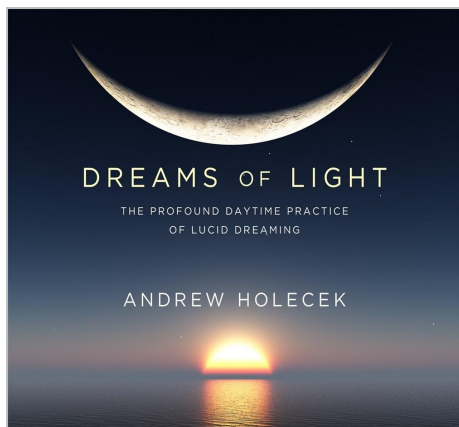
Robert Wright

One of the most trusted voices in science-based spirituality offers a powerful cure for our culture of division

Perhaps the greatest irony of our times is that we have developed more technologies than ever for connecting us ... yet our world has never felt more divided. Why? “Our modern world is profoundly different from the one in which human beings evolved,” Wright explains. “Our nervous systems simply weren’t made to deal with the hyper-connected, hyper-stimulating reality we now face.” With *How Mindfulness Can Heal the World*, bestselling author Robert Wright presents a deeply informative and practical audio workshop on the phenomenon of “tribalism”—and how we can choose to evolve beyond our natural tendencies for separation and conflict by using the tools of psychology and mindfulness.

In these six sessions, one of the most respected thinkers in the field of secular spirituality reveals why mindfulness is perhaps our most promising tool for creating real change in a polarized world. Here he helps you understand why our genes are programmed to delude us; why they foster cognitive biases that lead to tribalism; the principles and techniques of Buddhism and psychology that allow us to diminish negative emotions and mind states; practical ways to de-escalate the cycle of partisan outrage that play out in the media and social media; and a bold vision of a collective movement toward a more connected, tolerant, and enlightened future.

Robert Wright is a *New York Times* bestselling author whose books include *Why Buddhism Is True*, *The Evolution of God*, *Nonzero*, and *The Moral Animal*. He is the cofounder and editor-in-chief of Bloggingheads.tv and has written for *The New Yorker*, the *New York Times*, *Time*, the *Wall Street Journal*, and more. He has taught in the psychology department at Penn and the religion department at Princeton, where he also created the online course “Buddhism and Modern Psychology.” For more, visit robertwright.com.



**RELIGION / BUDDHISM /
TIBETAN**

Sounds True | 8/25/2020
9781683645665 | \$29.99 / \$38.99 Can.
Audio CD
6.6 in H | 6.9 in W

Other Available Formats:
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MARKETING

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Dreams of Light

The Profound Daytime Practice of Lucid Dreaming

Andrew Holecek

With *Dreams of Light*, a world-renowned expert in lucid dreaming and Tibetan dream yoga guides us into the tradition's daytime practices

Most of us are absolutely certain that we're awake here and now—it's a given, right? Yet, according to Tibetan dream yoga, ordinary waking life is in fact a delusion, as illusory as our nightly dreams.

In his previous book *Dream Yoga*, Andrew Holecek guided us into Tibet's nocturnal path of lucid dreaming and other dimensions of sleeping consciousness. Now, with *Dreams of Light*, he offers us a step-by-step guide to Tibetan dream yoga's *daytime* practices.

Known in Tibet as the "illusory form" practices, these teachings include insights, meditations, and actions to help us realize the dreamlike nature of our lives.

Through an in-depth exploration of the tradition, beginners and seasoned practitioners alike will learn everything they need to enter the unexplored realms of our waking states.

"If you've struggled to awaken in your dreams," teaches Holecek, "these techniques will often spark spontaneous lucidity during sleep. And if you're already a successful lucid dreamer, they will open you to new depths of experience throughout your day."

For those curious about altered states of consciousness, psychedelic therapies, and near-death and out-of-body experiences, *Dreams of Light* opens a time-honored gateway to kindred—and for many, even more profound—terrains of perception.

Andrew Holecek teaches seminars on spirituality, meditation, and dream yoga. He studied with the greatest living masters of dream yoga in India and Nepal, and has completed the traditional three-year Buddhist meditation retreat. His books include *Preparing to Die: Practical Advice and Spiritual Wisdom from the Tibetan Buddhist Tradition*, and *Dream Yoga: Illuminating Your Life Through Lucid Dreaming and the Tibetan Yogas of Sleep*. For more information, visit andrewholecek.com.



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

Sounds True | 7/14/2020
9781683643449 | \$24.99 / \$32.50 Can.
Audio CD
4.8 in H | 5.5 in W

Other Available Formats:
Hardcover ISBN: 9781683643418

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Targeted media outreach to mainstream, spirituality, yoga, health & wellness, and women's media
Features on contributor websites, newsletters & social media
Select author appearances

Heart Minded

How to Hold Yourself and Others in Love

Sarah Blondin

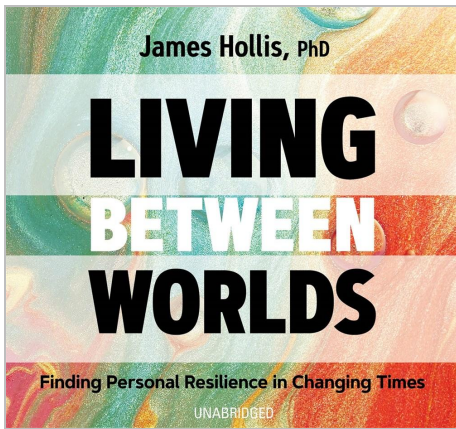
Learn how to listen to your feeling body and heart—how to hold yourself in love—through guided meditation.

What is it we are looking for when we meditate? Calm? Wisdom? In the hundreds and hundreds of emails sent to top online meditation teacher Sarah Blondin, people tell her that what they want most is just to slow down and give themselves loving attention. They want to stop their mental chatter and feel alive in their bodies and inspired by their hearts.

In *Heart Minded*, Blondin offers the kind of guided meditations and commentary that have made her such a rock star online. With a raw, poetic brilliance, Blondin guides you to override your busy mind and turn toward your heart so you can get back on track with yourself. “When we turn toward our hearts, we arrive like a bolt of lightning in the present moment, and all our arguments against ourselves and life go quiet. We feel lit from within by a force we had no idea was there. No matter where you are, no matter what you are doing, you can touch this place in yourself and feel free and alive.”

Read *Heart Minded* from front to back for a full course in living a life guided by the wise heart—or open to any page for a quick reminder that, beneath your burdens and troubles, you are fundamentally whole and free.

Sarah Blondin's InsightTimer meditations have received over 7 million plays from over 600,000 listeners. She is also host of her own half-million-listener podcast *Live Awake*. Her work has been translated into several languages and is in use in prison, recovery, and wellness programs. Her online course, *Coming Home to Yourself*, released in the spring of 2018, is InsightTimer's top seller. She lives in the quiet countryside of British Columbia, Canada, with her husband and two sons. More at sarahb...



PSYCHOLOGY / MOVEMENTS / JUNGIAN

Sounds True | 7/21/2020
 9781683645993 | \$29.99 / \$38.99 Can.
 Audio CD
 4.6 in H | 5.4 in W

Other Available Formats:
 Hardcover ISBN: 9781683645610

MARKETING

Promotional support of Jungian Society chapters nationwide, including 9-city lecture tour
 Consumer ad campaign in spirituality & psychology outlets
 Social media campaign, including author's highly engaged Facebook community (5K)
 Targeted media outreach to mainstream, spirituality, new age, and academic media
 Features on contributor websites, newsletters & social media
 Select author appearances in DC Metro area

Living Between Worlds

Finding Personal Resilience in Changing Times

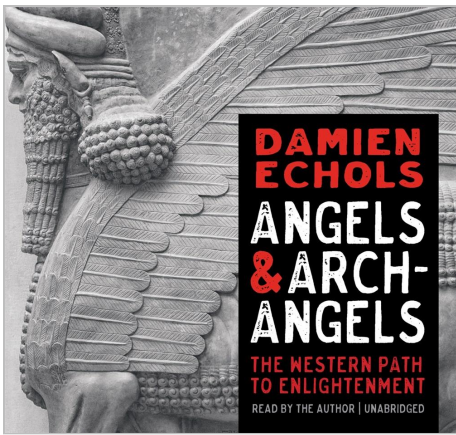
James Hollis

What guides us when our world is changing? Discover the path to deeper meaning and purpose through depth psychology.

What makes the challenges of our time so unique and daunting in human history? Technology? Resource depletion? In *Living Between Worlds*, Dr. James Hollis challenges us to look within for the real cause. “Few of our ancestors, if any, became enemies of themselves as we do; few split themselves off from their internal forms of guidance,” he explains. “We can serve the drives for power, wealth, status, whatever, but we cannot create *meaning*. Meaning is a by-product of being in right relationship to our soul.”

Dr. Hollis’s readers know him as a penetrating thinker who brings profound insight and sophistication to the inner journey. In *Living Between Worlds*, he broadens his lens to encompass the relationship between our inner struggles and the rapidly shifting realities of modern human existence. This is not a journey that will yield easy answers or pat reassurances. Yet by invoking the guidance of depth psychology, classical literature, philosophy, and myth, you will gain access to resources of purpose, courage, and hope that transcend time and circumstance. “We will always live in in-between times,” Hollis teaches. “Perhaps we may drop our plumb line into those same guiding currents which ran through the souls of the ancients . . . and run through ours as well.”

JAMES HOLLIS, PhD, is a Jungian analyst, a former director of the Jung Society of Washington, DC, and a professor of Jungian Studies for Saybrook University of San Francisco/Houston. He is a bestselling author whose 15 books include *Finding Meaning in the Second Half of Life*, *The Eden Project*, *What Matters Most*, and *Living an Examined Life*. He lives with his wife, Jill, in Washington, DC. For more, visit jameshollis.net.



BODY, MIND & SPIRIT / ANGELS & SPIRIT GUIDES

Sounds True | 6/16/2020

9781683643029 | \$29.99 / \$38.99 Can.

Audio CD

30 TK from author

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Hardcover ISBN: 9781683643265

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Major pre-order campaign, targeting author community (210K social media / 38K email)

Dedicated eblast to targeted segment of ST 1.5M mailing list

Major national media outreach to TV, radio, podcast, print & online outlets

Multi-city book tour

Angels and Archangels

The Western Path to Enlightenment

Damien Echols

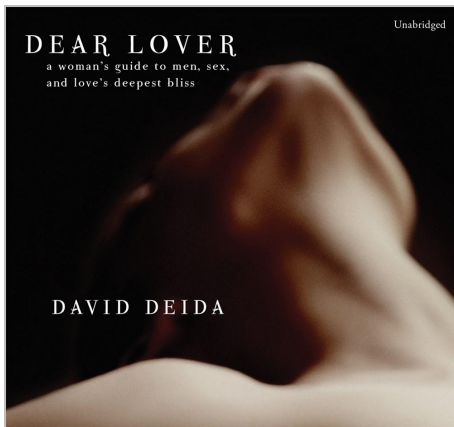
Learn to call on the divine assistance of angelic forces to shape your life in this in-depth guide from Damien Echols

“Angels do not belong to any one single religion, system, or dogma,” teaches Damien Echols. “They don’t care what religion we subscribe to. The angels are here to help us grow, evolve, and reach our full potential.” With *Angels and Archangels*, this bestselling author combines his unique blend of hard-won experience and scholarship to create a breakthrough guide to understanding what angels are, how they make themselves available, and magickal practices to invoke their power to transform your life.

Damien Echols has helped ignite a wave of new interest in magick—the Western path of spiritual growth and awakening. Here Echols clears away the cultural confusion and misrepresentation of angels to provide a lucid and practical set of tools for working with these timeless forces for divine wisdom and healing power.

When Echols was wrongly convicted of murder as part of the West Memphis Three case, he had every reason to reject angels as being part of the dogma his persecutors wielded against him. “Never in a million years did I think that one day I would have a passion for the subject of angels,” he says. “Yet these days, nearly every act of magick I perform involves evoking angels. Because angel magick works. *Always*. I’ve never found any other form of magick that comes close.”

Damien Echols is the author of the *New York Times* bestseller *Life After Death, Yours for Eternity*, and *High Magick*. The West Memphis Three story is the subject of the documentaries *Paradise Lost* and *West of Memphis*. He and Lorri live in Harlem. For more, visit damienechols.com.



**SELF-HELP / SEXUAL
INSTRUCTION**

Sounds True | 6/16/2020

9781683646358 | \$24.99 / \$32.50 Can.

Audio CD

4.8 in H | 5.5 in W

Other Available Formats:

Trade Paperback ISBN: 9781591792604

Dear Lover

A Woman's Guide to Men, Sex, and Love's Deepest Bliss

David Deida

In *Dear Lover*, David Deida explores every aspect of the feminine practice of spiritual intimacy, from sexuality and lovemaking to family and career to emotions, trust, and commitment.

Your Call to Open to Love's Deepest Bliss

Every woman knows the fairy tale—find the right man, give him what he wants and needs, and he'll love you forever. But when the myth you've been asked to believe fails to deliver—when you sense you've been settling for far less than you know in your heart is possible—then how do you attract and keep a man capable of meeting what you most passionately yearn for?

In *Dear Lover*, David Deida explores every aspect of the feminine practice of spiritual intimacy, from sexuality and lovemaking, to family and career, to emotions, trust, and commitment. Written as a collection of letters from a man to his dear lover, here is this internationally acclaimed writer's invitation to practice love as a living art, as you discover how to pick the man of deep integrity who will satisfy the needs of your body, heart, and spirit.

Acknowledged as one of the most insightful and provocative teachers of our time, bestselling author **David Deida** continues to revolutionize the way that men and women grow spiritually and sexually. His 10 books are published in more than 25 languages worldwide and are required reading in university, church, and spiritual center courses. His workshops on a radically practical spirituality have been hailed as among the most original and authentic contributions to the field of self-development curre...

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