

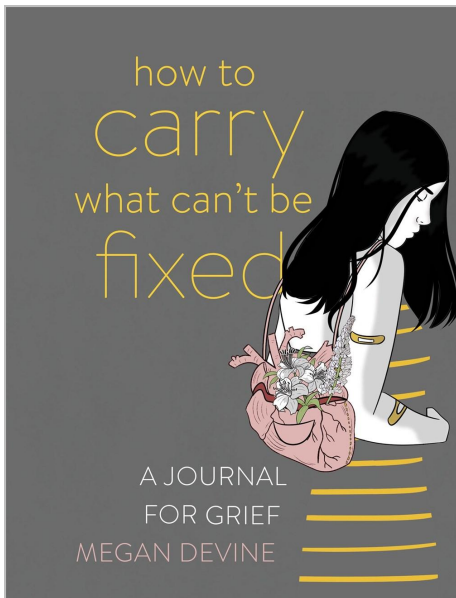


SPRING 2021



sounds true

WAKING UP THE WORLD



SELF-HELP / DEATH, GRIEF, BEREAVEMENT

Sounds True | 5/18/2021

9781683643708 | \$16.99 / \$22.50 Can.

Trade Paperback | 216 pages | Carton Qty: 18

9.5 in H | 7.3 in W

Fully illustrated

MARKETING

Trade and consumer advertising in targeted print and online publications such as *Spirituality & Health*, *Publisher's Weekly*

?Social media ad campaign on Sounds True Facebook and Instagram

?Major pre-order campaign to author community with grief resources as bonus content (75K email / 110k+ social media followers)

Author street team support through social media and word-of-mouth marketing, which drove strong sales for *It's OK That You're Not OK*

Finished book mailing to top independent bookstores

A+ pag...

How to Carry What Can't Be Fixed

A Journal for Grief

Megan Devine

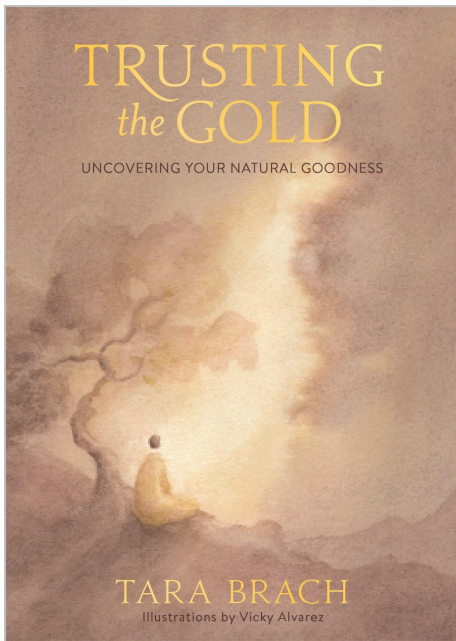
**A journal for meeting grief with honesty and kindness
—honoring loss, rather than packing it away**

With her breakout book *It's OK That You're Not OK*, Megan Devine struck a chord with thousands of readers through her honest, validating approach to grief. In her same direct, no-platitudes style, she now offers *How to Carry What Can't Be Fixed*—a journal filled with unique, creative ways to open a dialogue with grief itself. “Being allowed to tell the truth about your grief is an incredibly powerful act,” she says. “This journal enables you to tell your whole story, without the need to tack on a happy ending where there isn’t one.”

Grief is a natural response to death and loss—it’s not a problem to be fixed. This workbook contains no clichés, timetables, or checklists of stages to get through; it won’t help you “move on” or put your loss behind you. Instead, you’ll find encouragement, self-care exercises, daily tools, tear-and-share resources to help you educate friends and allies, and prompts to help you honor your pain and heartbreak.

Your grief, like your love, belongs to you. No one has the right to dictate, judge, or dismiss what is yours to live. *How to Carry What Can't Be Fixed* is a journal and everyday companion to help you enter a conversation with your grief, find your own truth, and live into the life you didn’t ask for—but is here nonetheless.

Megan Devine, LPC, is an author, speaker, and grief consultant, advocating for emotional change on a cultural level. Since the loss of her partner in 2009, Megan has become the leading voice in the world of grief support. Her video “How Do You Help a Grieving Friend?” has over 24 million views. Her book *It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand* is considered required reading by griever and professionals alike. For more, visit refugeingrief.com.



BODY, MIND & SPIRIT / SPIRITUALISM

Sounds True | 6/1/2021

9781683647133 | \$18.99 / \$24.99 Can.

Hardcover with dust jacket | 184 pages | Carton

Qty: 36

7 in H | 5 in W

30 plus images, 4 color

MARKETING

Print/digital advertising in trade and/or core market outlets (targets TBD)

Major pre-order campaign, including influencer promo, email marketing, and social media promo

#TrustingtheGold meme campaign targeting author fans on Facebook and Instagram

Promotion to author community and ST community, reaching nearly 1.5M readers

Home page placement at

SoundsTrue.com

Multiple newsletter features to ST mailing list of 1M and dedicated eblast to large list segment

Insights at the Edge podcast interview with ...

Trusting the Gold

Uncovering Your Natural Goodness

Tara Brach

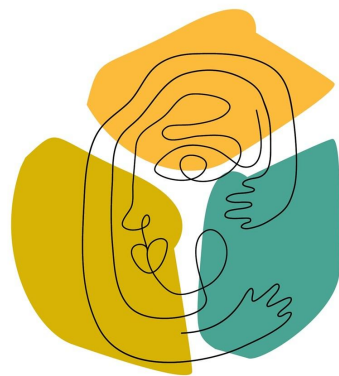
A beautifully illustrated gift book to help us uncover and trust the innate goodness in ourselves and others

What if the pain of feeling flawed or unworthy is actually a message that you're believing something untrue? "The gold of our deepest Being can never be tarnished," teaches Tara Brach. "No matter how it might get covered over by feelings of anger, deficiency, or fear, our awareness remains radiant and pure." With *Trusting the Gold*, this beloved teacher shares personal challenges and awakenings to help you reconnect with your essential goodness—and learn to see the ways this awareness and love shines through us all.

Trusting the Gold is a gem of a gift book featuring stories, teachings, and reflection prompts, with beautiful illustrations by Vicky Alvarez. Here, you'll explore three pathways of remembering and living from your full aliveness: opening to the *Truth* of the present moment; turning toward *Love* in any situation; and resting in the *Freedom* of our natural, nonjudgmental awareness. Brach offers insights and practices for bringing these qualities into everyday life—including the particular challenges of our time such as fear for the future, anger at authority figures, and grief over injustice.

"In the midst of our deepest emotional suffering, self-compassion is the pathway that will carry us home," Brach writes. "What a joy to pause and behold our basic goodness, and to see how it shines through each of us. Seeing that secret beauty, we fall in love with all of life."

Tara Brach, PhD, has been practicing and teaching meditation since 1975, as well as leading workshops and meditation retreats at centers throughout North America and Europe. She has a PhD in clinical psychology, is the founder of the Insight Meditation Community of Washington (IMCW), and is the author of *Radical Acceptance*, *True Refuge*, and *Radical Compassion*. Tara's weekly podcasts of talks and meditations are downloaded more than three million times each month. For more, visit tarabrach.com.



How the
INTERNAL FAMILY
SYSTEMS MODEL
Changes Everything

No Bad Parts

PSYCHOLOGY / PSYCHOTHERAPY

Sounds True | 7/16/2021

9781683646686 | \$18.99 / \$24.99 Can.

Trade Paperback | 216 pages | Carton Qty: 42

9 in H | 6 in W

2-4 diagrams

MARKETING

Trade and consumer advertising in targeted print and online publications such as *Publisher's Weekly*, *Psychology Today*, and *Spirituality & Health*

Search advertising campaign

Multiple email promotions to Sounds True's email list of 1.5m subscribers

Author preorder campaign with excerpt to author's email list

Dedicated social media campaign reaching Sounds True's 500k combined followers

Cross-promotion with author's influencer and endorser communities

No Bad Parts

How the Internal Family Systems Model Changes Everything

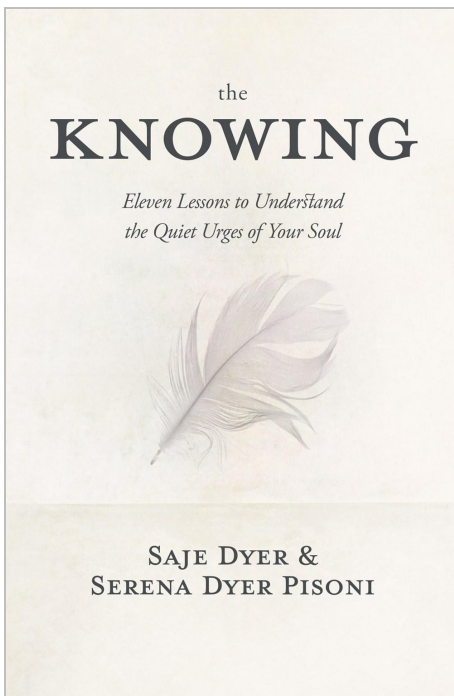
Richard Schwartz

Discover an empowering new way of understanding your multifaceted mind—and healing the many parts that make you who you are.

Is there some part of yourself that you wish would go away? Most of us would say yes, whether we call it addiction, the inner critic, “monkey mind,” neurosis, sinfulness, bad habits, or some other disparaging name. Yet what if there were a different way to approach these aspects of yourself that leads to true healing instead of constant inner struggle? With *No Bad Parts*, Dr. Richard Schwartz teaches a revolutionary paradigm of understanding and relating with ourselves—a method that brings us into inner harmony, enhances self-compassion, and opens the doors to spiritual awakening.

Dr. Schwartz is the creator of Internal Family Systems (IFS), a paradigm-changing model of consciousness that has been transforming psychology for decades. Here, you'll learn why IFS has been so effective in areas such as trauma recovery, addiction therapy, depression, and more. IFS overturns the idea that we have one “true” identity and recognizes that having multiple parts is not a pathology, but a normal and healthy function of the human mind. Dr. Schwartz shares insights and practices to help you recognize your own “inner family” of parts, understand how each part seeks to help and protect you even when it seems problematic, engage in inner dialogue to restore balance and self-love—and deepen your awareness of the higher Self that holds and encompasses every facet of your diverse consciousness.

Richard Schwartz, PhD, is the creator of Internal Family Systems, a highly effective, evidence-based therapeutic model that de-pathologizes the multipart self. His IFS Institute offers training for professionals and the general public. Formerly an associate professor at the University of Illinois at Chicago and later at Northwestern University, he is currently on the faculty of Harvard Medical School. He has published five books and is a sought-after presenter. For more, visit ifs-institute.com.



The Knowing

11 Lessons to Understand the Quiet Urges of Your Soul

Saje Dyer, Serena Pisoni Dyer

The daughters of beloved teacher Wayne Dyer share their ever-evolving understanding of their father's timeless teachings.

To his millions of fans around the world, Dr. Wayne Dyer was the beloved “Father of Motivation,” but to Serena and Saje and their six siblings, he was simply “Dad.” When he died suddenly in 2015, the sisters were blindsided by grief and felt unprepared to navigate life’s challenges and conflicts without his guidance.

The experience launched them on an adventure from loss to understanding as they came to realize and metabolize their father’s teachings with a new urgency, intimacy, and power as they applied them to their lives. As their journey unfolded, they realized their father’s wisdom—“The Knowing”—was embedded in their DNA . . . as it is for all of us.

“We didn’t discover the Knowing,” write the authors. “We simply returned to it.”

In *The Knowing* Saje and Serena share how they recommitted to the teachings of their father and, in doing so, created their own evolution of his principles that they teach today. They share the 11 lessons that cracked them open and sparked their own spiritual journey—including insights on death, coincidences, embracing silence, receiving and accepting messages from spirit, and much more.

The Knowing is a book for seekers young and old, for fans of Wayne Dyer’s work and newcomers alike. Here is a profound and loving guide to lead you back—in crisis, in joy, or in this present moment—to the wellspring of wisdom that always dwells within.

Serena Dyer Pisoni is the author of *Don’t Die with Your Music Still in You*, which was featured on Oprah.com, *The Bonnie Hunt Show*, and The Manifest-Station. She has been a contributor to HuffPost and Positively Positive. For more, visit serenadyer.com.

Saje Dyer is the author of *Good Bye, Bumps! : Talking to What’s Bugging You* and was a featured speaker in the 2014 Game Changer Global Summit. She lives in New York City. For more, visit sajedyer.com.

SELF-HELP / PERSONAL GROWTH

Sounds True | 5/11/2021

9781683647171 | \$24.99 / \$32.50 Can.

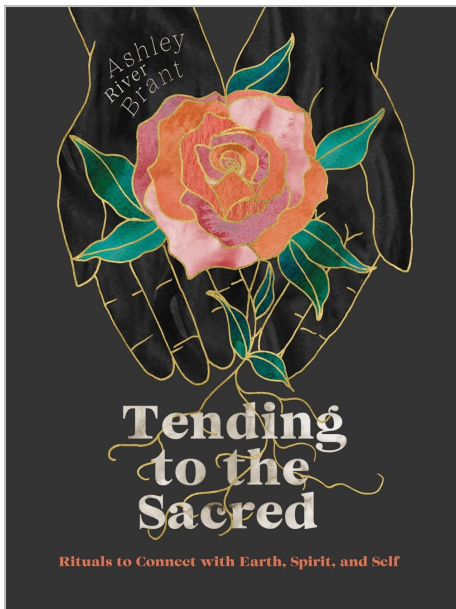
Hardcover with dust jacket | 280 pages | Carton Qty: 27

8 in H | 5.3 in W

Maybe 1-2 BW photos

MARKETING

Trade and consumer advertising (Publishers Weekly, Spirituality & Health) Endorser promotional support, including Gabrielle Bernstein, Brené Brown, Rupi Kauer, and Deepak Chopra Paid social media campaign celebrating the late Wayne Dyer’s legacy as the “Father of Motivation” leading up to Father’s Day 2021



SELF-HELP / PERSONAL GROWTH

Sounds True | 6/8/2021

9781683646785 | \$27.99 / \$36.50 Can.

Hardcover with dust jacket | 296 pages | Carton

Qty: 20

8 in H | 6 in W

MARKETING

Social media and search advertising campaign

Multiple email promotions to Sounds True's email list of 1.5m subscribers

Dedicated social media campaign reaching Sounds True's 500k combined followers

Author-driven preorder campaign with bonus content and promotion via email and social

Cross-promotion with author's influencer and endorser communities

A+ page promotion on Amazon product page

Tending to the Sacred

Rituals to Connect with Earth, Spirit, and Self

Ashley River Brant

Return to living a fully embodied life with 50 rituals to improve your health, well-being, and confidence on your Sacred Path.

As humans, rituals have fed our hearts, minds, and souls since the dawn of our species on this planet. “Everyone in the world has a ritual, whether they realize it or not,” writes author Ashley River Brant. Far from being a relic of simpler times, these rituals align us with our intentions to heal and evolve. They help us tap into our own deep wells of wisdom, connect back to the earth and our bodies, and remember that the sacred is ever present in our lives.

In *Tending to the Sacred*, Brant shares a curated collection of accessible yet profound rituals to help you awaken your true connection with the earth, Spirit, and yourself. As you engage with each ritual, you’ll begin to lovingly peel back the layers that keep you from being fully embodied and empowered in your life, leading to greater emotional balance, ease, purpose, and resilience on your Sacred Path. Used by the author in her personal life and healing arts practice, each ritual is woven from an abundance of ancient wisdom, medicine, and creativity. Plant healing recipes (including elixirs, oils, essences, and teas), elemental rituals, journal prompts, mantras, and visualizations are all included in this beautifully illustrated guide.

Ritual is a powerful way to become more present with yourself, the earth, and the love all around you. Explore the simple yet transformative impacts of ritual with *Tending to the Sacred*.

Ashley River Brant is a multidimensional artist, energy healer, teacher, and herbalist who has been featured in Refinery29, *Nylon* magazine, and the *Sunday Times*. Her Soul Tattoo® sessions, which are ceremonial intuitive tattoo sessions, channel deep healing for each client and have garnered a multi-yearlong wait-list with residencies from New Zealand to New York. She lives in California. For more, visit ashleyriverbrant.love.

Karla McLaren, M.Ed.

THE
POWER
OF
EMOTIONS
AT
WORK

Accessing the Vital Intelligence
in Your Workplace

**BUSINESS & ECONOMICS /
WORKPLACE CULTURE**

Sounds True | 8/3/2021

9781683645443 | \$18.99 / \$24.99 Can.

Trade Paperback | 288 pages | Carton Qty: 42

9 in H | 6 in W

MARKETING

Pre-order campaign to author community,
including influencer promo, email
marketing, and social media promo
Home page placement at

SoundsTrue.com

Multiple e-newsletter features to ST mailing
list of 1M and dedicated eblast to large list
segment

Insights at the Edge podcast interview
with Tami Simon (50K average
downloads)

Finished book mailings and promotional
outreach to author network and
influencers

The Power of Emotions at Work

Accessing the Vital Intelligence in Your Workplace

Karla McLaren

A pioneering expert on emotions delivers a guide for accessing the genius in emotions to create a productive and healthy workplace for all.

In spite of countless organizational fix-it books, team-building exercises, and consulting experts, it's hard to find a truly healthy workplace. Research shows 85% of workers avoid communicating crucial workplace problems upward, while 71% are actively looking for other jobs. Why? "The foundational problem is that we threw emotions out of the workplace, when in fact, emotions contain the information we need to make our workplaces *work*," says Karla McLaren. Now this renowned researcher shares her insights on the skills most needed—and most often absent in the business world—for building functional and sustainable workplaces.

We've all been taught to avoid emotions at work, but this inevitably leads to losses in productivity, creativity, and job satisfaction. With *The Power of Emotions at Work*, McLaren teaches communication and empathy skills to help you create a healthy and functional environment that benefits everyone. You'll learn to recognize each other's emotional roles, how to support the "emotional laborers" in your workplace, and much more.

McLaren calls the workplace an "unintentional community," because without access to their emotions, people don't have the tools they need to function. This resource helps executives, managers, and workers understand and engage with emotions at work to create healthy and intentional communities where people and projects can thrive.

Karla McLaren, M.Ed., is an award-winning author, social science researcher, and pioneering educator whose empathic approach to emotions 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 learning site, and is the author of *Embracing Anxiety*, *The Art of Empathy*, and *The Language of Emotions*. Her website is karlamclaren.com.

knowing
 where to
 look



Light Watkins

Knowing Where to Look

108 Daily Doses of Inspiration

Light Watkins

A collection of stories, essays, and exercises to spark your creative instincts, activate your inner guidance, and enliven your dreams

Have you been called to express yourself with a level of courage and honesty that surprised even you? Did an image or moment cause you such joy that you needed to share it with the world? If so, you know what it means to be *inspired*.

World-renowned spiritual teacher Light Watkins has spent most of his life learning how to seek out and tap into sources of inspiration. “Inspiration is part inner guidance, part blind faith in a greater possibility, and part inner voice,” he writes, “nudging you to take an action that helps you grow and expand your awareness.” In *Knowing Where to Look*, Watkins presents a trove of compelling inspirational material to catalyze positive change and give you fuel to push through self-limiting beliefs.

Through 108 diverse essays, anecdotes, and parables, this coveted resource provides doorways to inspired thinking and imagination. Similar to the stories found in *Light’s Daily Dose of Inspiration*, Watkins’s popular email newsletter, these essays provide dozens of opportunities to fan the flames of your creative spirit. The prompts at the end of each story offer reflection questions and action steps for further bringing your inspiration to life.

Rather than being a linear set of exercises, *Knowing Where to Look* is meant to provide the inspiration you need just as you need it. Open to any page at random and discover an unexpected source of inspiration.

Light Watkins has been a meditation and spiritual teacher for more than 20 years. He is the author of *The Inner Gym* and *Bliss More*, and hosts a weekly podcast about hope called *At the End of the Tunnel*. Light became nomadic in 2018 and now travels the world giving talks on happiness, mindfulness, inspiration, and meditation to sold-out audiences. He’s been profiled in *Time*, *Vogue*, *Forbes*, *People*, the *New York Times*, and *mindbodygreen*. For more, visit lightwatkins.com.

SELF-HELP / PERSONAL GROWTH

Sounds True | 5/25/2021

9781683647706 | \$21.99 / \$28.99 Can.

Hardcover with dust jacket | 200 pages | Carton

Qty: 40

7 in H | 5.5 in W

30 2-color illios

MARKETING

Multiple email promotions to Sounds True's email list of 1.5m subscribers
 Dedicated social media campaign reaching Sounds True's 500k combined followers

Author-driven preorder campaign with bonus content and promotion via email and social

Cross-promotion with author's influencer and endorser communities

21-day meditation challenge leading up to launch on author and Sounds True social media platforms (similar to author's challenge for *Bliss More*)

Star Child

Joyful Parenting Through Astrology

Briana H Saussy

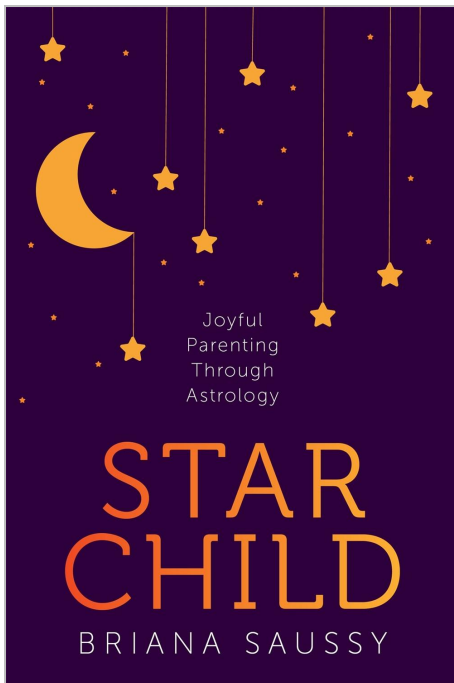
Help your child make the most of their unique gifts, challenges, and potentials with a guide to parenting by the stars.

What are the stories the stars tell about our children? Every person alive is born under a particular snapshot of the celestial relationships occurring at the time of their birth. This picture—a natal chart—offers us a powerful tool for insight into our children’s temperament. In *Star Child*, renowned spiritual teacher Briana Saussy presents the first comprehensive guide for using astrology to better understand our children—and become more joyful and effective parents as a result.

Astrology, when used correctly, can be a practical and magical map of our greatest gifts, challenges, and potentials—a map that is extremely useful when it comes to parenting. With *Star Child*, Saussy teaches parents how to read this map—with an eye to the houses, signs, and planets that are most emphasized for kids. Twelve chapters explore the characteristics of each sign, offering insights into friendships, creativity, education, and more, as well as guiding fairy tales and practices for parents and kids to do together.

As a mother of two, Saussy understands that our kids aren’t just smaller extensions of ourselves—they’re independent beings with their own thoughts, worries, hopes, and dreams. Though knowing how to best support them can feel challenging at times, we have the stars to guide us.

Briana Saussy is a teacher, spiritual counselor, and founder of the Sacred Arts Academy, where she teaches tarot, ceremony, alchemy, and other sacred arts for everyday life. She is the author of *Making Magic: Weaving Together the Everyday and the Extraordinary*. She lives in San Antonio, Texas.



BODY, MIND & SPIRIT / ASTROLOGY

Sounds True | 7/20/2021

9781683646754 | \$19.99 / \$25.99 Can.

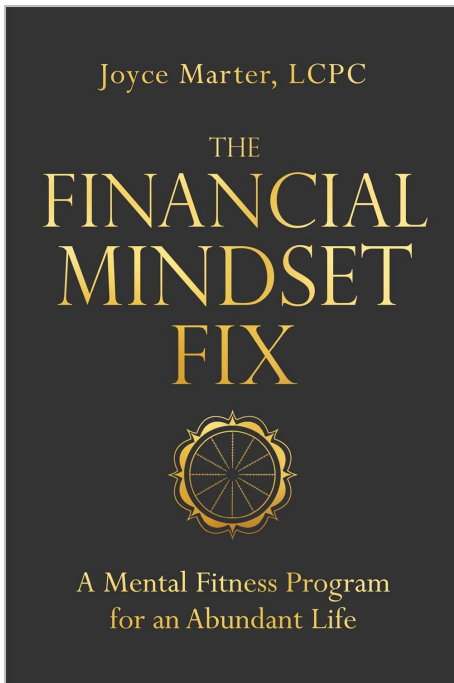
Trade Paperback | 304 pages | Carton Qty: 36

9 in H | 6 in W

Charts and diagrams

MARKETING

Author preorder campaign with bonus content to dedicated email list of 5K
Finished book mailing kits to influencers in prominent astrology & parenting circles
12-part social media campaign highlighting each astrological sun sign



The Financial Mindset Fix

A Mental Fitness Program for an Abundant Life

Joyce Marter

A step-by-step guide to cultivate mental and spiritual discipline for taking charge of your financial well-being

Does prosperity lead to happiness . . . or is it the other way around? As a therapist, Joyce Marter noticed an extraordinary trend: as her clients improved their mental health, they were suddenly receiving raises, getting promotions, finding better jobs, or starting their successful businesses. Since then, Marter has become a go-to expert on the “Psychology of Success”—pioneering ways to help us improve our financial well-being by focusing on our psychological and spiritual issues around money.

With *The Financial Mindset Fix*, Marter crystallizes her most powerful and effective practices for success. Here, she guides you through 12 mindsets to transform your relationship with wealth—along with innovative exercises, self-assessment tools, and insights for shifting into a mindset of abundance; changing unconscious habits and beliefs that keep you trapped; using mindfulness to make good financial choices; sharing your good fortune with others through generosity and service; and realizing an expansive vision of your healthiest, wealthiest life.

Money brings up deep issues for all of us—around self-worth, self-image, justice, and survival-level fear. “We are all works in progress,” says Marter. “No matter where you are on your journey, these tools are meant to be lifelong companions to a life of greater prosperity and joy.”

Joyce Marter, LCPC, is a therapist, entrepreneur, adjunct professor at Northwestern University, and national speaker. She is the founder and CEO of Urban Balance, a nationwide counseling practice, and provides trainings on mental health and success for Fortune 500 companies. She has written for HuffPost, *Spirituality & Health*, and The Good Men Project, among others. She has been featured in various media outlets, including CNN, MTV, and the *Wall Street Journal*. For more, see joyce-marter.com.

BUSINESS & ECONOMICS / PERSONAL FINANCE

Sounds True | 7/27/2021

9781683647232 | \$26.99 / \$34.99 Can.

Hardcover with dust jacket | 320 pages | Carton

Qty: 32

9 in H | 6 in W

13-16 diagrams

Other Available Formats:

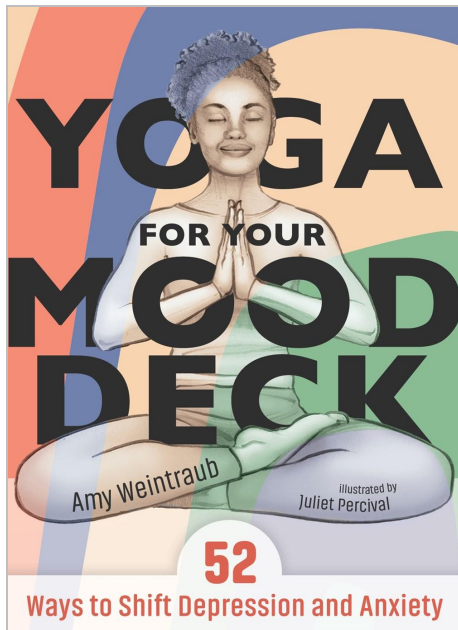
Audio ISBN: 9781683647256

MARKETING

Multiple email promotions to Sounds True's email list of 1.5m subscribers
Dedicated social media campaign reaching Sounds True's 500k combined followers

Author-driven preorder campaign with bonus content and promotion via email and social

Cross-promotion with author's influencer and endorser communities



Yoga for Your Mood Deck

52 Ways to Shift Depression and Anxiety

Amy Weintraub

Manage your mood with simple breathing and physical exercises drawn from the yoga tradition—no mat required.

Though it isn't often discussed, mental health disorders are far more common than you might think. More than 40 million Americans suffer from anxiety, while depression is the leading cause of disability worldwide. Studies show that medications for these conditions can be less effective than a placebo. So what can you do when your mood feels unmanageable?

With the *Yoga for Your Mood Deck*, certified yoga therapist Amy Weintraub provides a unique and welcoming approach to fostering inner balance and mental stability. These beautifully illustrated cards offer simple breathing protocols, basic stretches, and traditional hand gestures known as *mudras*—all of which have been curated to soothe, energize, or integrate your emotional state.

Each card is color coded and numbered for easy access. Feeling blue? You might need to pull a calming blue card to meet your mood first, and then a red one to elevate it. Is anxiety paying an unwelcome visit? Try an energizing red card breathing practice followed by a calming blue card relaxation pose. Green cards offer grounding practices to close your mini yoga session.

Appropriate for in-the-moment interventions or creating your own daily practice, the *Yoga for Your Mood Deck* brings expert, evidence-based guidance out of the studio and into your hands.

Amy Weintraub, MFA, E-RYT 500, C-IAYT, YACEP, the founder of the LifeForce Yoga® Healing Institute, is a pioneer in the field of yoga and mental health. Her evidence-based yoga protocol for managing mood is used in health-care settings and offered in professional trainings worldwide. The creator of the award-winning LifeForce Yoga audio and video series, she is the author of *Yoga for Depression*, *Yoga Skills for Therapists*, and *Temple Dancer*, a novel.

HEALTH & FITNESS / YOGA

Sounds True | 8/10/2021

9781683646778 | \$17.99 / \$23.50 Can.

Game | Carton Qty: 40

5.9 in H | 4.2 in W

Fully illustrated card deck, 8-page booklet

MARKETING

Promotional outreach to top yoga teachers nationwide, including author network

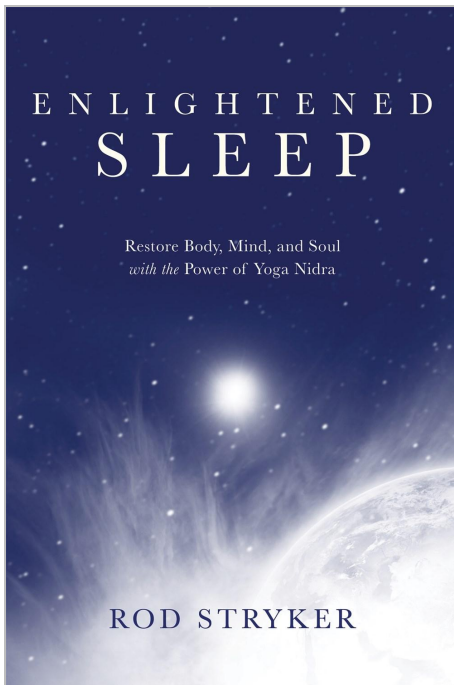
Home page placement at

SoundsTrue.com

Multiple enewsletter features to ST mailing list of 1M and dedicated eblast to large list segment

Insights at the Edge podcast interview with Tami Simon (50K average downloads)

Finished book mailings and promotional outreach to author network and specialty market accounts



HEALTH & FITNESS / SLEEP & SLEEP DISORDERS

Sounds True | 5/1/2021

9781683643715 | \$18.99 / \$24.99 Can.

Paperback - with flaps | 280 pages | Carton Qty:

40

9 in H | 6 in W

Other Available Formats:

Audio ISBN: 9781683643661

MARKETING

Author online events, elite seminars, and national speaking engagements, plus promotion to 20K social media followers

Video practice series with YouTube advertising

Dedicated eblast to targeted segment of Sounds True 1.5M list + promo to 500K social media followers

Enlightened Sleep

Restore Body, Mind, and Soul with the Power of Yoga Nidra

Rod Stryker

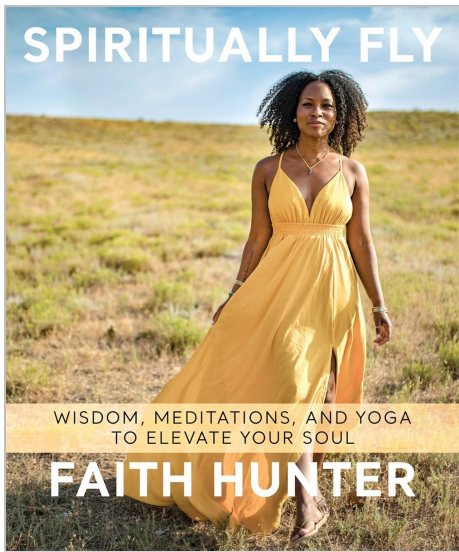
From renowned yoga teacher and trainer Rod Stryker comes the ultimate guide to better rest and complete well-being.

Imagine being deeply and truly rested. Falling asleep easily and staying asleep soundly. Imagine knowing how to take the ultimate power nap whenever you need to increase creativity, reduce stress, or access greater emotional balance. For most of us trying to navigate the chaos of modern life, this all sounds too good to be true. It isn't.

With *Enlightened Sleep*, Rod Stryker brings us a groundbreaking and much-needed guide to yoga nidra—the sublime science of complete relaxation. Rooted in a vast body of knowledge from ancient traditions, yoga nidra is a meditative practice done lying down, while providing a wealth of benefits. At the most fundamental level, it helps us relax and improves our health. Taken a bit further, it can serve as a powerful tool for changing subconscious patterns, false self-perceptions, and even our experience of trauma. Brought to its most profound stages, yoga nidra awakens us to deep spiritual insight and greater purpose.

The culmination of Stryker's four decades of experience, *Enlightened Sleep* weaves together ancient wisdom, the latest scientific research, and an abundance of guided practices to help you experience all of these benefits for yourself. "While you may have heard that yoga nidra is the equivalent of deep relaxation," writes Stryker, "you will soon discover that it is much, much more."

Rod Stryker is one of the world's premier yoga and meditation teachers. Founder of ParaYoga, he has taught for 40 years and is a frequent keynote speaker at leading yoga and wellness gatherings. One of the pioneers of yoga nidra in the West, Rod is also the author of *The Four Desires* and has been featured in *Newsweek*, *People*, *USA Today*, the *Los Angeles Times*, *Men's Fitness*, and more. He lives with his family in Colorado. For more, visit parayoga.com.



HEALTH & FITNESS / YOGA

Sounds True | 8/17/2021
9781683643753 | \$25.99 / \$33.99 Can.
Trade Paperback | 192 pages | Carton Qty: 30
9 in H | 7.5 in W
30-40 illos/ color photos

MARKETING

Pre-order campaign targeting author community (75K followers on Instagram/Facebook)
#SpirituallyFly meme campaign
Home page placement at SoundsTrue.com
Multiple enewsletter features to ST mailing list of 1M and dedicated eblast to large list segment
Insights at the Edge podcast interview with Tami Simon (50K average downloads)
Finished book mailings and promotional outreach to author network and influencers

Spiritually Fly

Wisdom, Meditations, and Yoga to Elevate Your Soul

Faith Hunter

For anyone who has struggled with self-acceptance and faith, a real-world guide to elevate your soul and feel more worthy, vibrant, and alive

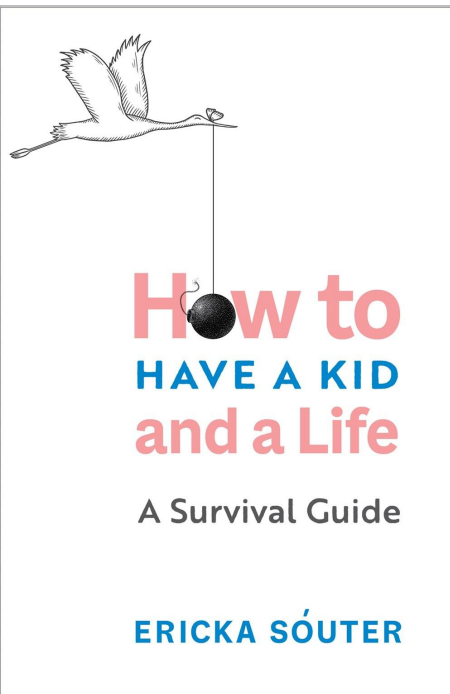
Next-generation yoga teacher and trainer Faith Hunter is known for her ability to blend classic yogic principles with modern-day wisdom into an integrated experience that is grounded, radical, and unforgettably Spiritually Fly. In her newest book of the same name, Hunter shares her Spiritually Fly™ life philosophy, empowering women from all walks of life to embrace their true self-worth and live their most epic lives.

Hunter developed Spiritually Fly as a way to cope with her own life challenges—as a young black girl in the South whose brother was dying of AIDS, she’d had a difficult relationship with God. Struggling to find her place in the world, she turned to yoga and meditation to meet life’s challenges with grace and strength.

In *Spiritually Fly*, Hunter shares the seven foundational principles of her philosophy—the “Spiritually Fly Life Sutras.” Each sutra bridges classical yoga wisdom with modern-day living, creating a fresh way to embrace your unique flow in life, on and off the mat.

With raw vulnerability, Hunter shares the personal stories behind the sutras—diving into lessons on the shadow, honesty, passion, and more. Highlights include: exercises for working with mantra, meditation, breath, and movement; yoga sequences featuring beautiful photographs of Faith; journaling prompts; and a wealth of “SoulPrints”—creative activities to integrate each sutra into daily life.

Faith Hunter is a yoga and meditation teacher, as well as the creator of Spiritually Fly™, a lifestyle philosophy that celebrates every moment of life. A teacher for over 20 years, Hunter owns Embrace Yoga DC and Embrace OM. She’s taught classes for tens of thousands: at the Great Lawn, The White House Easter Egg Roll, and on main stage events worldwide. One of the most recognizable faces in yoga, Hunter has appeared in *Yoga Journal*, *Origin*, *Essence*, *Women’s Health*, and *Shape*. Visit faithhunter.com...



**FAMILY & RELATIONSHIPS /
PARENTING / MOTHERHOOD**

Sounds True | 8/24/2021

9781683644873 | \$18.99 / \$24.99 Can.

Trade Paperback | 248 pages | Carton Qty: 48
9 in H | 6 in W

MARKETING

Preorder campaign to author and Sounds True communities featuring bonus content created for Mother's Day, plus advanced copy giveaways

Author video series speaking candidly about current-day motherhood challenges and offering practical advice

Finished book mailing to mom bloggers soliciting reviews and offering copies for giveaway

How to Have a Kid and a Life

A Survival Guide

Ericka Souter

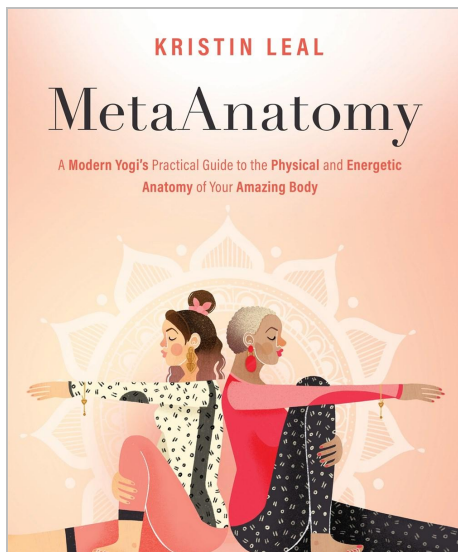
Continue to have and grow your life, Mom. It's better for you and your kids.

When did being a good mom come to mean giving up everything that used to make you . . . *you*? That's the question millions of 21st-century mothers grapple with every day as they muddle through our kid-centric culture. Contrary to incessant messaging, not always putting your kids first—not sacrificing your own free time, enjoyment, and dreams so your kids can have your full attention every day—*is* what makes for a good mother.

With *How to Have a Kid and a Life*, popular journalist and *Good Morning America* parenting expert Ericka Souter shares her tips for being a happy, whole person while still being a wonderful (and sometimes just good enough, which is plenty good) parent. Souter blends her own stories of surviving the seismic challenges of becoming a parent with testimonials from stay-at-home and working moms; interviews with therapists and researchers; and findings from the latest studies on happiness, self-care, and parenthood. What she delivers is a wonderfully irreverent survival guide to motherhood.

Here, you'll find advice on keeping your career on track while parenting, handling clueless and unhelpful partners, taking back ownership of your body, creating a reliable village of support (even with moms you didn't think you'd like), staying connected with child-free friends, and what to do if you feel like you're missing the "mom gene."

Ericka Souter is a parenting expert on *Good Morning America*. She writes for mom.com, CafeMom, and other sites that reach millions of parents monthly. She has written for *Self*, *Cosmopolitan*, *Essence*, and HuffPost and has been on staff at *Us Weekly* and *People*. She lives in Manhattan with her husband and two sons. For more, visit erickasouter.com.



MetaAnatomy

A Modern Yogi's Practical Guide to the Physical and Energetic Anatomy of Your Amazing Body

Kristin Leal

A gifted teacher reveals the miracle that is your body—combining science, yogic wisdom, and liberating movement practices.

“Meta” means “beyond”—and in *MetaAnatomy*, celebrated yoga teacher Kristin Leal takes us far beyond our limited understanding of our amazing human bodies. In this information-rich and accessible resource, you’ll do more than label parts of your anatomy and identify your energy systems. You’ll develop a new level of “body literacy”—a deep and vital relationship with the physical, emotional, and energetic aspects of your being.

MetaAnatomy begins in Part 1 with a practical guide for your major muscles, bones, and joints. In Part 2, you’ll take a deep dive into your breath and nervous systems, and discover ancient yogic technologies to enhance your health and expand your awareness of subtle energy. And in Part 3, you’ll put it all together—combining the philosophical, energetic, and physical to make lasting changes to your health, your spiritual practice, and your connection with the world around you. Each section includes accessible mini-practices, meditations, insights for students and teachers of yoga, and much more.

Leal writes in an engaging, lighthearted style that makes complex concepts imminently understandable. “You are a symphony of synapse and strength; valves and vulnerability; potential, power, and promise,” she teaches. “It is my hope that these teachings and practices will ultimately lead you to remember and honor your fundamental wholeness.”

Kristin Leal is a 500 E-RYT yoga teacher and a Sadaka in the ISHTA lineage, as well as a licensed massage therapist, Reiki practitioner, and renowned author. Her popular *MetaAnatomy* workshops, classes, and online trainings blend serious scientific knowledge with a sense of humor and a deep connection to the divine within us all. She lives in New York City. For more, visit kristinleal.com.

HEALTH & FITNESS / YOGA

Sounds True | 7/13/2021

9781683647041 | \$23.99 / \$31.50 Can.

Trade Paperback | 280 pages | Carton Qty: 30

9 in H | 7.5 in W

100-150 TK from author

MARKETING

Pre-order campaign, including influencer promo, email marketing, and social media promo

Promotional outreach to top yoga teachers nationwide, including author network

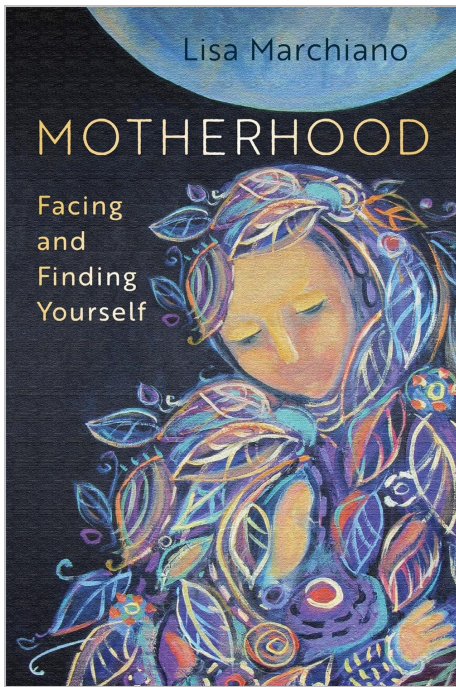
Home page placement at

SoundsTrue.com

Multiple enewsletter features to ST mailing list of 1M and dedicated eblast to large list segment

Insights at the Edge podcast interview with Tami Simon (50k average downloads)

Finished book mailings and promotional outreach to author network and influencers



PSYCHOLOGY / MOVEMENTS / JUNGIAN

Sounds True | 5/25/2021

9781683646662 | \$18.99 / \$24.99 Can.

Trade Paperback | 248 pages | Carton Qty: 39
9 in H | 6 in W

MARKETING

Pre-order campaign, including influencer promo, email marketing, and social media promo

Promotion on author's podcast The Jungian Life (#1 Jungian podcast)

Outreach to Jungian organizations nationwide

Home page placement at

SoundsTrue.com

Multiple newsletter features to ST mailing list of 1M and dedicated eblast to large list segment

Insights at the Edge podcast interview with Tami Simon (50K average downloads)

Finished book mailings and promotional outreach to author network and influencers

Motherhood

Facing and Finding Yourself

Lisa Marchiano

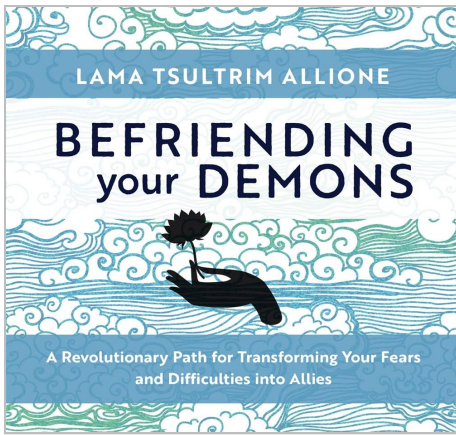
Join a respected Jungian analyst for a deep dive into the emotional and symbolic journey of motherhood.

Motherhood is the true hero's journey—which is to say that it can be as harrowing as it is joyful, and enlightening as it is exhausting. For Jungian psychoanalyst Lisa Marchiano, this journey is not just an adventure of diaper bags and parent-teacher conferences, but one of intense self-discovery.

In *Motherhood*, Marchiano draws from a deep well of Jungian analysis and symbolic research to present a collection of fairytales, myths, and fables that evoke the spiritual arc of raising a child from infancy through adulthood. After all, this kind of storytelling has always been one of the most important conduits of humanity's collective wisdom—and Marchiano provides each tale alongside keen insights into the timeless archetypes they represent.

Divided into three major segments similar to the stages of a hero's initiatory journey, (Descent, Sojourn, and Return), *Motherhood* charts how events like pregnancy, the calamities of childhood, and the empty-nest experience are all parts of an odyssey to which every mother receives an invitation. Here Marchiano emphasizes that when you take up that invitation, it will lead to an adventure into the wild frontier of your own soul. And once you return from this inner journey, you'll possess the treasured knowledge need to clarify your values, embrace your disowned parts, and claim the mantle of motherhood in the full bloom of your empowerment.

Lisa Marchiano, LCSW, is a clinical social worker, certified Jungian analyst, and a nationally certified psychoanalyst. She co-hosts *This Jungian Life*, a podcast devoted to exploring current topics through the lens of depth psychology. She lives in Philadelphia. For more, see lisamarchiano.com.



**RELIGION / BUDDHISM /
TIBETAN**

Sounds True | 8/17/2021
9781683647089 | \$69.99 / \$90.99 Can.
Audio CD | Carton Qty: 12
6.6 in H | 6.9 in W

Befriending Your Demons

A Revolutionary Path for Transforming Your Fears and Difficulties Into Allies

Tsultrim Lama Allione

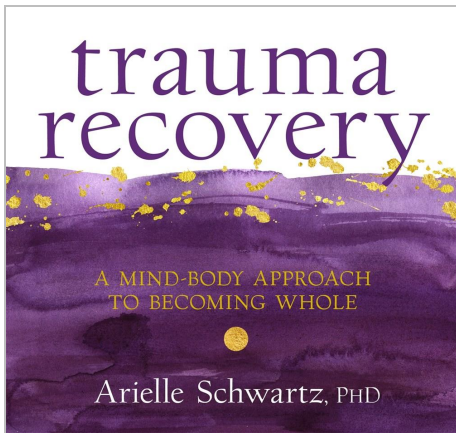
Discover the hidden strength in the very feelings you're trying to avoid or disown.

Rage. Addiction. Anxiety. Depression. Fear. All of these and more are what Lama Tsultrim Allione refers to as our “demons”—those parts of your inner being that disrupt every aspect of your life when they arise. But are they really your enemies? According to Lama Allione, intrusive and unpleasant inner states are not only unavoidable aspects of life, but also potential allies. In *Befriending Your Demons*, Lama Allione offers a five-part audio process for turning toward your demons rather than suppressing or running away from them.

Lama Allione’s program begins with a simple starting point: everyone has an emotional “shadow”—those aspects of our inner lives which embarrass, frighten, or shame us. However, simply disowning or ignoring elements of the shadow only exacerbates their root causes. *Befriending Your Demons* provides a method for recognizing how your thoughts and emotions develop, shows the repeated patterns they create, and offers on-the-spot tools for transforming suffering.

Lama Allione also provides guided exercises for doing the five-steps in our daily lives through art and regular practice. With *Befriending Your Demons*, you too can learn how to embrace even your most intense emotions and move into the future with them as allies.

Lama Tsultrim Allione is an author, an internationally known Buddhist teacher, and the founder and resident lama of Tara Mandala Retreat Center in Pagosa Springs, Colorado. Her books include the bestseller *Feeding Your Demons*, *Women of Wisdom*, and the recent *Wisdom Rising*. She is known for translating Tibetan Buddhism into clear, relevant teachings for Western audiences. She was named Buddhist Woman of the Year in 2009 in Bangkok, Thailand. For more, visit taramandala.org.



**PSYCHOLOGY /
PSYCHOPATHOLOGY /
POST-TRAUMATIC STRESS
DISORDER**

Sounds True | 6/15/2021
9781683647584 | \$69.99 / \$90.99 Can.
Audio CD | Carton Qty: 12
6.6 in H | 6.9 in W

Trauma Recovery

A Mind-Body Approach to Becoming Whole

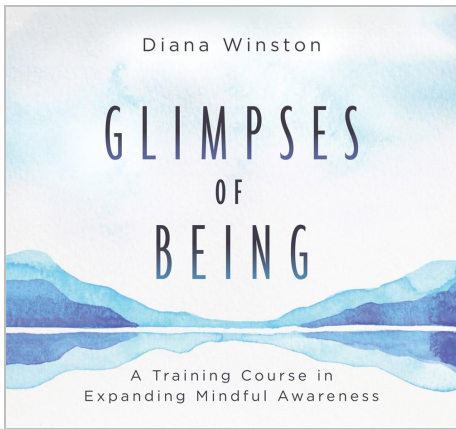
Arielle Schwartz

Dr. Schwartz provides learners with an in-depth journey into trauma, as well as teaches applicable practices for developing resilience, self-compassion, and ultimately, empowerment.

This compassionate and experiential audio program will provide an in-depth overview of the symptoms, experiences, and manifestations of complex trauma, complete with a sequential method and applicable practices and strategies for encouraging resilience, containment, self-compassion, mindfulness, and support for the listener to realize their capacity for growth and empowerment in the wake of trauma.

Dr. Schwartz will cover topics such as the neurobiology of complex trauma, the stages of healing, healing through embodiment and mindfulness practices, healing shame, talking back to the inner-critic/abuser, working with the vagus nerve, creating healthy boundaries, creating belonging, and self-actualization.

Arielle Schwartz, PhD is a licensed clinical psychologist, EMDR Therapy consultant, certified yoga instructor, and writer. She is a specialist in mind-body approaches to healing trauma. She is a trainer for therapists and specializes in PTSD, C-PTSD, Therapeutic Yoga for trauma, Resilience, and Post Traumatic Growth. Her psychotherapy practice is called Resilience Informed Therapy which offers an integrative, strength-based approach to trauma treatment.



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

Sounds True | 7/13/2021

9781683647898 | \$69.99 / \$90.99 Can.

Audio CD | Carton Qty: 12

6.6 in H | 6.9 in W

Glimpses of Being

A Training Course in Expanding Mindful Awareness

Diana Winston

An immersive audio course for exploring the full spectrum of mindfulness—from focused to natural awareness.

Many of us have tried mindfulness meditation: where we concentrate closely on the breath or other object of attention. "But awareness spans a much wider domain," teaches Diana Winston.

In contrast to effortful and focused practice lies *natural awareness*—a state of peace, connection, and ease. If you've ever been absorbed in the flow of a sport, a walk in nature, or an artistic activity, then you've had a taste of this effortless and expansive experience.

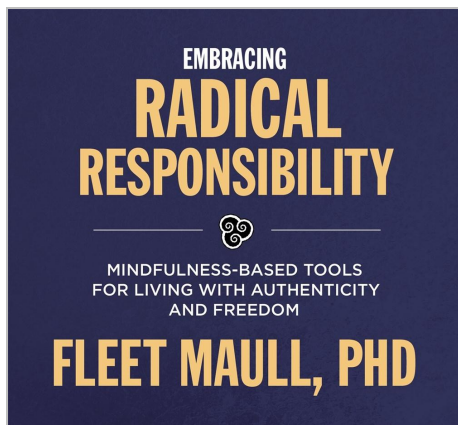
With *Glimpses of Being*, this pioneering meditation teacher invites us to explore the full landscape of presence, with a special emphasis on natural awareness.

Here, listeners will first learn about the wide range of mindfulness practices, from focused to flexible to natural awareness. Then, through an engaging variety of guided meditations, Winston helps us to experience them firsthand.

"With awareness, no practice is 'better' or superior," she explains. "Each one is helpful for different times and complements the others."

For beginners, seasoned practitioners, and even those who've struggled with conventional mindfulness meditation, these supportive sessions open the way to illuminating new realms of being—and show us how to create our own foundation for lifelong discovery, enjoyment, and transformation.

Diana Winston is the director of Mindfulness Education at UCLA Semel Institute's Mindful Awareness Research Center. She is the author of *The Little Book of Being* (*Mindful* magazine's "Best of 2019" top pick) and coauthor of *Fully Present: The Science, Art, and Practice of Mindfulness*. She has been practicing meditation since 1989, including spending a year as a Buddhist nun in Burma. She lives in Los Angeles. Learn more at dianawinston.com and marc.ucla.edu.



Embracing Radical Responsibility

Mindfulness-Based Tools for Living with Authenticity and Freedom

Fleet Maull

A practice-based audio program to take charge of your life, access your true potential, and become an unstoppable force for good in the world

“Whenever we attribute the cause of our happiness or unhappiness, satisfaction or dissatisfaction, to something outside ourselves,” reflects Fleet Maull, “we give away our power. We incarcerate ourselves in ‘the victim mindset.’”

The cure? *Radical responsibility*—owning our circumstances and our choices for true self-empowerment.

In this groundbreaking audio program, the former inmate—today a renowned meditation teacher and leadership consultant—shows us how to free ourselves from the beliefs that trap us.

Through self-reflection, meditations, emotional intelligence training, and many other practices developed in the seemingly “freedomless” situations of prison and hospice, this extraordinary teacher guides us step by step to transform fear-based habits into those of courage and success in our own lives.

Fleet Maull has helped tens of thousands, including organizational leaders, educators, students, parents, inmates, prison officers, the terminally ill, caretakers, and those from many other walks of life.

If you’re seeking to become more successful and fulfilled in your work, relationships, and greater life purpose, *Embracing Radical Responsibility* will give you the tools and expert guidance to move beyond the inner walls of your beliefs and realize your full potential.

Fleet Maull, PhD, CMT-P, is a senior meditation and dharma teacher in the Shambhala International and Zen Peacemaker communities, executive coach, consultant, and creator of the Radical Responsibility© philosophy and program. He leads mindfulness meditation programs and retreats around the world. Learn more at fleetmaull.com.

SELF-HELP / SPIRITUAL

Sounds True | 5/4/2021

9781683642220 | \$79.99 / \$103.99 Can.

Audio CD | Carton Qty: 12

6.6 in H | 6.9 in W



SELF-HELP / PERSONAL GROWTH

Sounds True | 8/31/2021
 9781683648239 | \$69.99 / \$90.99 Can.
 Audio CD | Carton Qty: 12
 6.6 in H | 6.9 in W

Belonging

From Fear to Freedom on the Path to True Community

Reverend angel Kyodo Williams

A luminary voice for inner and outer change inspires us to come home to ourselves—to be of greater service in the world.

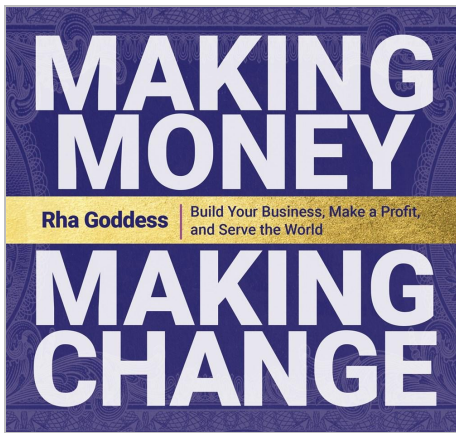
We all have a deep yearning to *belong*—to a community or a people that understands and supports us. "But at its heart," Rev. angel Kyodo williams teaches, "belonging isn't about being good enough to be included 'in the tribe.' Quite the opposite. It is an *inside* job that requires self-reflection, redefining what we're committed to: forgiveness, fierce love, and deep spiritual labor."

In these audio sessions, the celebrated social and cultural visionary, Zen teacher, master trainer, activist, and author takes us on a journey of inward transformation, conscious action for justice, and unapologetic self-acceptance that reconnects us to our power by teaching us how to show up to our lives with greater courage and compassion.

"When you belong wholly to yourself," Rev. angel reflects, "you belong anywhere you are."

With singular depth and unflinching clarity, williams reveals a rich landscape of insights, practices, and life tools to help us embrace what we've been resisting, recognize our own value, and support others from a place of genuine inner authority and freedom.

Rev. angel Kyodo williams is a Zen priest and founder of the national Transformative Change. Her work centers on the essential link between inner work, wholeness, and social transformation, and how we leverage love on behalf of justice for people and the planet at scale. She is the author of *Being Black: Zen and the Art of Living with Fearlessness and Grace* and coauthor of *Radical Dharma: Talking Race, Love, and Liberation*. She lives in Oakland, California. Learn more at angelkyodowilliams.com.



**BUSINESS & ECONOMICS /
PERSONAL SUCCESS**

Sounds True | 7/6/2021

9781683647812 | \$69.99 / \$90.99 Can.

Audio CD | Carton Qty: 12

6.6 in H | 6.9 in W

Making Money, Making Change

Build Your Business, Make a Profit, and Serve the World

Rha Goddess

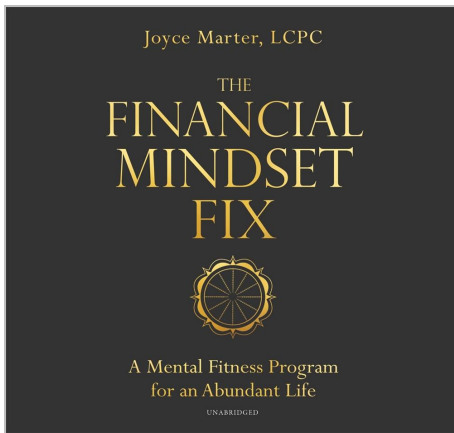
Redefine wealth and make an impact with entrepreneurial soul coach Rha Goddess.

What if the calling in your heart—the one that would fill you with joy, make a difference in the world, and use all your natural gifts—could actually pay you real money?

As CEO of Move the Crowd, Rha Goddess has supported major breakthroughs in hundreds of change-makers and cultural visionaries, from *New York Times* bestselling authors to multimillion-dollar social enterprises. With her first-ever audio training, *Making Money, Making Change*, Rha shares a step-by-step blueprint for defining and achieving a new kind of financial success—one that is aligned with your most deeply held values, draws from the unique combination of talents you possess, and helps you offer your greatest contributions to the world.

Rha’s approach centers around her whole-self methodology—a philosophy and strategy that unearths and challenges our inherited stories around success and money so we can bring not only more prosperity into our lives, but greater meaning and joy, too. Through several hours of powerful teachings and practices, Rha will help you liberate yourself from old ideas about what’s possible in your life, clarify your authentic values and gifts, and unapologetically participate in creating an economy that serves you *and* the world. In Rha’s words, *Making Money, Making Change* is for anyone who wants to “stay true, do good, and get paid.”

Rha Goddess is an entrepreneurial soul coach and CEO and founder of Move the Crowd, an entrepreneurial coaching and training company—and movement—to galvanize 3 million entrepreneurs to re-imagine work as a vehicle for creative expression, financial freedom, and societal transformation. She’s the author of *The Calling: 3 Fundamental Shifts to Stay True, Get Paid, and Do Good* and lives in Marina Del Rey, California. For more, visit movethecrowd.me.



The Financial Mindset Fix

A Mental Fitness Program for an Abundant Life

Joyce Marter

A step-by-step guide to cultivate mental and spiritual discipline for taking charge of your financial well-being

Does prosperity lead to happiness . . . or is it the other way around? As a therapist, Joyce Marter noticed an extraordinary trend: as her clients improved their mental health, they were suddenly receiving raises, getting promotions, finding better jobs, or starting their successful businesses. Since then, Marter has become a go-to expert on the “Psychology of Success”—pioneering ways to help us improve our financial well-being by focusing on our psychological and spiritual issues around money.

With *The Financial Mindset Fix*, Marter crystallizes her most powerful and effective practices for success. Here, she guides you through 12 mindsets to transform your relationship with wealth—along with innovative exercises, self-assessment tools, and insights for shifting into a mindset of abundance; changing unconscious habits and beliefs that keep you trapped; using mindfulness to make good financial choices; sharing your good fortune with others through generosity and service; and realizing an expansive vision of your healthiest, wealthiest life.

Money brings up deep issues for all of us—around self-worth, self-image, justice, and survival-level fear. “We are all works in progress,” says Marter. “No matter where you are on your journey, these tools are meant to be lifelong companions to a life of greater prosperity and joy.”

Joyce Marter, LCPC, is a therapist, entrepreneur, adjunct professor at Northwestern University, and national speaker. She is the founder and CEO of Urban Balance, a nationwide counseling practice, and provides trainings on mental health and success for Fortune 500 companies. She has written for HuffPost, *Spirituality & Health*, and The Good Men Project, among others. She has been featured in various media outlets, including CNN, MTV, and the *Wall Street Journal*. For more, see joyce-marter.com.

BUSINESS & ECONOMICS / PERSONAL FINANCE

Sounds True | 8/24/2021

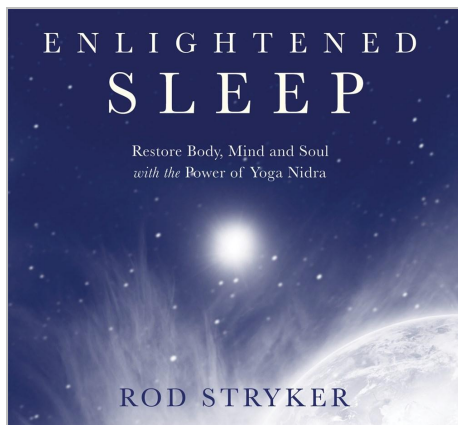
9781683647256 | \$29.99 / \$38.99 Can.

Audio CD | Carton Qty: 12

6.6 in H | 6.9 in W

Other Available Formats:

Hardcover ISBN: 9781683647232



HEALTH & FITNESS / SLEEP & SLEEP DISORDERS

Sounds True | 8/31/2021

9781683643661 | \$29.95 / \$38.99 Can.

Audio CD | Carton Qty: 30

6.6 in H | 6.9 in W

Other Available Formats:

Trade Paperback ISBN: 9781683643715

Enlightened Sleep

Restore Body, Mind, and Soul with the Power of Yoga Nidra

Rod Stryker

From renowned yoga teacher and trainer Rod Stryker comes the ultimate guide to better rest and complete well-being.

Imagine being deeply and truly rested. Falling asleep easily and staying asleep soundly. Imagine knowing how to take the ultimate power nap whenever you need to increase creativity, reduce stress, or access greater emotional balance. For most of us trying to navigate the chaos of modern life, this all sounds too good to be true. It isn't.

With *Enlightened Sleep*, Rod Stryker brings us a groundbreaking and much-needed guide to yoga nidra—the sublime science of complete relaxation. Rooted in a vast body of knowledge from ancient traditions, yoga nidra is a meditative practice done lying down, while providing a wealth of benefits. At the most fundamental level, it helps us relax and improves our health. Taken a bit further, it can serve as a powerful tool for changing subconscious patterns, false self-perceptions, and even our experience of trauma. Brought to its most profound stages, yoga nidra awakens us to deep spiritual insight and greater purpose.

The culmination of Stryker's four decades of experience, *Enlightened Sleep* weaves together ancient wisdom, the latest scientific research, and an abundance of guided practices to help you experience all of these benefits for yourself. "While you may have heard that yoga nidra is the equivalent of deep relaxation," writes Stryker, "you will soon discover that it is much, much more."

Rod Stryker is one of the world's premier yoga and meditation teachers. Founder of ParaYoga, he has taught for 40 years and is a frequent keynote speaker at leading yoga and wellness gatherings. One of the pioneers of yoga nidra in the West, Rod is also the author of *The Four Desires* and has been featured in *Newsweek*, *People*, *USA Today*, the *Los Angeles Times*, *Men's Fitness*, and more. He lives with his family in Colorado. For more, visit parayoga.com.



Clarity and Connection

Yung Pueblo

A collection of poetry focused on understanding how past wounds impact our present relationships with bonus content featuring an interview between Yung Pueblo and Sounds True's Tami Simon

A new collection of poetry and short prose focused on understanding how past wounds impact our present relationships with bonus content featuring an interview between Yung Pueblo and Sounds True's Tami Simon

In *Clarity & Connection*, Yung Pueblo describes how intense emotions accumulate in our subconscious and condition us to act and react in certain ways. In his characteristically spare, poetic style, he guides readers through the excavation and release of the past that's required for growth.

Diego perez is the writer behind the pen name yung pueblo. the name yung pueblo means "young people." it serves to remind him of his ecuadorian roots, his experiences in activism, and that the collective of humanity is in the midst of important growth. through writing and speaking, he aims to support the healing of the individual, realizing that when we release our personal burdens, we contribute to a global peace.

**POETRY / SUBJECTS & THEMES
/ INSPIRATIONAL & RELIGIOUS**

Sounds True | 6/1/2021

9781683649090 | \$24.99 / \$32.50 Can.

Audio CD | Carton Qty: 30

4.8 in H | 5.5 in W

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