

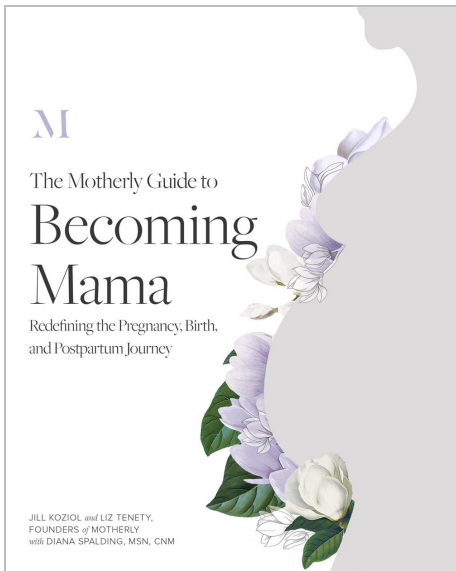


# sounds true



WINTER 2020





# The Motherly Guide to Becoming Mama

*Redefining the Pregnancy, Birth, and Postpartum Journey*

Diana Spalding, Jill Koziol, Liz Tenety

**For modern moms—an inclusive, holistic, evidence-based guide for pregnancy, childbirth, and the postpartum journey**

When the founders of the ultra-popular Motherly online community asked what today's mothers wanted in a pregnancy book, your response came through loud and clear. You want to learn about your options without being preached to. To be informed about pitfalls without judgment or scare tactics. You were looking for a book that hadn't been written: a mama-centered guide that doesn't just focus on your baby's needs, but honors and coaches *you* through this profound life change.

That's why Diana Spalding and the Motherly team created *The Motherly Guide to Becoming Mama*. In this illustrated resource, you'll find expert guidance to support you every step of the way—through pre-conception planning, the week-by-week experience of pregnancy, childbirth, and the often-ignored “fourth trimester” of the postpartum period. From maternity leave planning to relationship reflections, nutrition support to fitness recommendations, this book will help you feel confident and inspired through one of the greatest transformations of your life.

Today's new mamas are part of a generation elevating women's empowerment in all its forms. *The Motherly Guide to Becoming Mama* is the companion you deserve on this extraordinary journey—a wholehearted embrace of new motherhood in all its power, complexity, and beauty.

**Diana Spalding, MSN, CNM**, is a certified nurse midwife, pediatric nurse, and mother of three. She has BA in anthropology from Emory University and both a BS in nursing and a master's degree in midwifery from New York University. In addition to caring for thousands of pregnant women, Diana has worked in pediatric oncology, and has served in several professorial and advisory roles in higher education settings. Diana is the Digital Education Editor at Motherly and the founder of Gathered Birth, a m...

## HEALTH & FITNESS / PREGNANCY & CHILDBIRTH

Sounds True | 4/14/2020

9781683643555 | \$21.99 / \$25.00 Can.

Paperback | 504 pages

9.3 in H | 7.4 in W

## MARKETING

\$50K marketing investment positioning book against What to Expect When You're Expecting

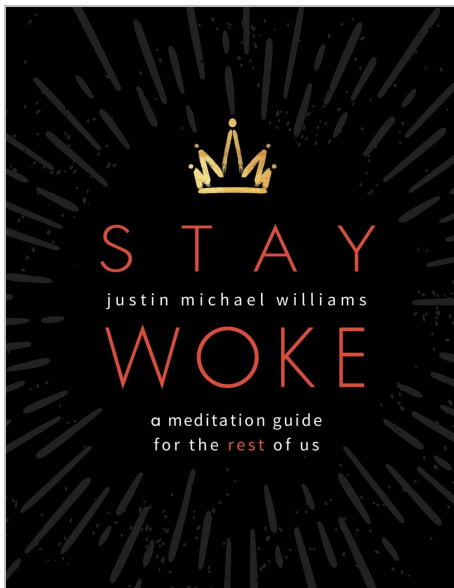
Extensive trade, consumer, and social media advertising campaign

Finished book mailing to 1,000 ob-gyns, midwives, and doulas nationwide

Targeted media outreach to parenting, lifestyle, and women's outlets

National media attention

Select author events



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

Sounds True | 2/11/2020

9781683643722 | \$24.99 / \$26.50 Can.

Hardcover with dust jacket | 240 pages

9 in H | 6 in W

Photographs as chapter openers: 16 to 20,  
rights-cleared, provided by author.

**Other Available Formats:**

Audio ISBN: 9781683643968

**MARKETING**

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

Multi-channel pre-order campaign to  
author community (80K email / 65K social  
media followers)

Promotional tie-in to author's major music  
events (Wanderlust, SXSW, etc)

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

Multi-city book tour

## Stay Woke

*A Meditation Guide for the Rest of Us*

Justin Michael Williams

### A simple, no-nonsense guide to change your life and take hold of your dreams

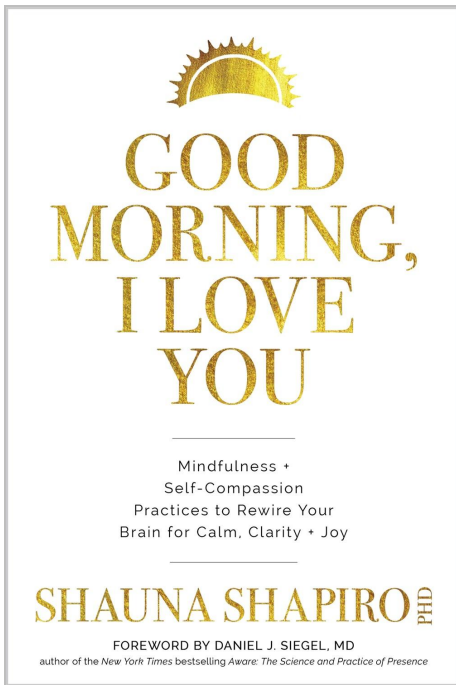
“I have a confession,” writes author Justin Michael Williams. “This is not really a meditation book.”

Yes, Williams is going to teach you everything you need to know about meditation—but if you came looking for a typical book on mindfulness, you’re in the wrong place.

*Stay Woke* is FOR THE PEOPLE. *All* people, of *all* backgrounds deserve to have access to the information they need to change their lives. And if you grew up in struggle—overcoming homophobia, anxiety, sexism, depression, poverty, toxic masculinity, racism, or trauma—you need a different type of meditation . . . one that doesn’t pretend the struggle doesn’t exist.

Now, Williams introduces Freedom Meditation—a distinct approach that addresses disillusionment, social justice, overwhelm, and shame; strengthens intuition; cuts through self-sabotaging programming; and empowers you to make better decisions. Whether you’ve tried meditation but it never sticks, or you’ve heard about it but never gave it a shot, this 10-step guide will cut through the noise and teach you how to create a daily meditation ritual that fits in with your messy, modern life. *Stay Woke* is a book that breaks barriers and encourages people of all identities, colors, shapes, ages, and economic backgrounds to claim their innate and limitless potential.

**Justin Michael Williams** is a meditation teacher, top 20 recording artist, and transformational speaker with a mission: to bring diversity and inclusion to wellness. He has been featured by Billboard.com and *Yoga Journal*, shared the stage with Deepak Chopra, and presented at events such as Wanderlust and SXSW®. Justin’s greatest wish is for his teachings to empower people from all walks of life to wake up to their life’s purpose and accomplish the dreams they once thought were impossible.



**SELF-HELP / PERSONAL GROWTH / SELF-ESTEEM**

Sounds True | 1/28/2020  
 9781683643432 | \$24.99 / \$32.50 Can.  
 Hardcover with dust jacket | 240 pages  
 8 in H | 5.3 in W  
 None

**MARKETING**

Multi-channel pre-order campaign featuring Tedx Washington Square talk  
 Outreach to author clients, including Google, Genentech, Cisco, Procter & Gamble  
 Facebook advertising, featuring video practice series with author

## Good Morning, I Love You

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

Shauna Shapiro

**Learn how self-compassion can change everything about how you feel, how you relate, and how you live—for good**

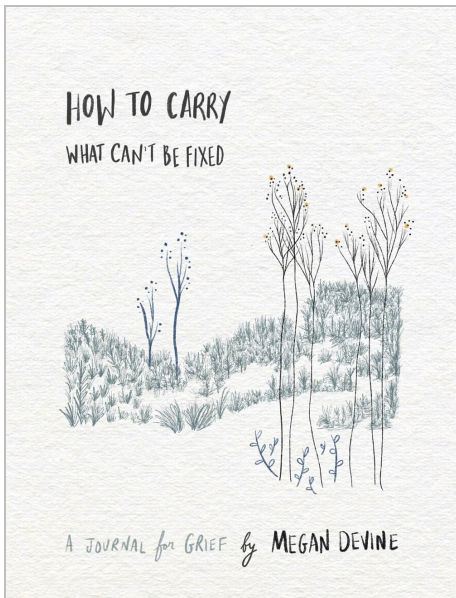
“Revolutionary findings in neuroscience have demonstrated that we can change our happiness setpoint. But it’s not through changing our external world. It’s through changing our internal landscape,” writes Shauna Shapiro. In *Good Morning, I Love You*, Dr. Shapiro—one of the leading scientists studying the effects of mindfulness on well-being—shows us that acting with compassion toward ourselves is the key.

In short, lively chapters, Dr. Shapiro explains the basic brain science and offers numerous mindfulness and self-compassion practices. Stories from her life and research demonstrate how this powerhouse combination alleviates anxiety, boosts creative thinking, and enlarges our sense of belonging and purpose.

We can see it on brain scans. Negative and critical thoughts (and the vast majority of our thoughts are negative) cause the part of the brain responsible for learning to literally shut down. Kind and self-compassionate thoughts, by contrast, turn on the parts responsible for growth and change. With practice, we can literally rewire our brains for greater feelings of calm, joy, and possibility.

Try it and see . . . even if it makes you squirm. When you wake up tomorrow, take a deep breath, hand on heart, and say, “Good morning, I love you.” Then try it the next day. And the next. See what happens.

**Shauna Shapiro, PhD**, is a clinical psychologist and internationally recognized expert in mindfulness and self-compassion. She is a widely published scholar and has a TedX Talk on this book’s topic that has been viewed over one million times. She is a professor at Santa Clara University and a fellow of the Dalai Lama’s Mind and Life Institute. Dr. Shapiro lives in the San Francisco Bay Area and can be found online at [drshaunashapiro.com](http://drshaunashapiro.com).



# 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 has an intelligence of its own,” Devine writes. “Let it tell you what it knows.” With *How to Carry What Can't Be Fixed*, this pioneering author brings you an essential resource 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. She is author of *It's OK That You're Not OK* (Sounds True, 2017). For more, visit [refugeingrief.com](http://refugeingrief.com).

## **SELF-HELP / DEATH, GRIEF, BEREAVEMENT**

Sounds True | 2/4/2020

9781683643708 | \$16.99 / \$22.50 Can.

Trade Paperback | 180 pages

9.5 in H | 7.3 in W

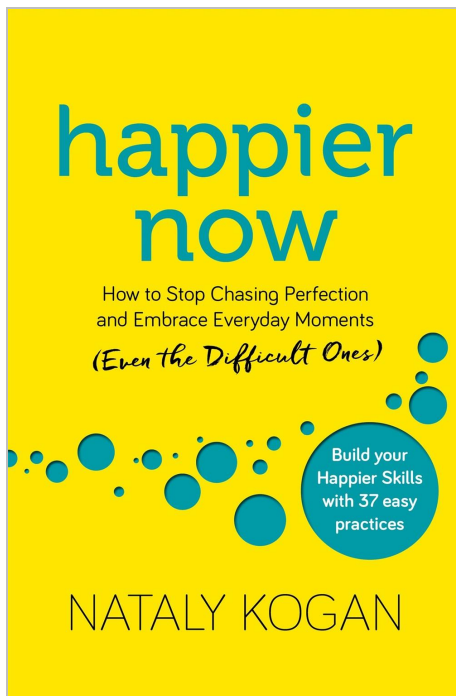
Fully illustrated

## **MARKETING**

Multi-channel pre-order campaign to author community (75K email / social media followers)

Author street team support, which drove strong sales for *It's Okay That You're Not Okay*

Targeted finished book mailing to top indie bookstores



## Happier Now

*How to Stop Chasing Perfection and Embrace Everyday Moments (Even the Difficult Ones)*

Nataly Kogan

**Experience more joy and meaning each day—and have greater resilience when times get tough**

What if you could be happier, right now, without radically changing your life? In *Happier Now*, nationally recognized happiness expert Nataly Kogan teaches readers how to stop searching for some elusive “big happy” in the future and start finding more joy in everyday moments. Drawing on her experiences as a refugee, entrepreneur, and tech executive, Nataly teaches that happiness can be elusive even amidst the trappings of material success. In fact, happiness isn’t just some pleasant emotion that we feel—it’s a skill that we can all learn and improve through practice.

Now in paperback, *Happier Now* teaches five core skills for building your happier skills—acceptance, gratitude, intentional kindness, knowing your bigger why, and self-care—along with the scientific research that supports each one. This isn’t a book about positive thinking, silver linings, or always being happy. This is a book about living fully in good times and bad, and enjoying life more because of it. It’s time to stop saying, “I’ll be happy when . . .” and start saying, “I’m happy now because . . .”

**Nataly Kogan** is an author, speaker, and the founder of Happier. Her work has been featured in hundreds of media outlets, including the *New York Times*, *The Wall Street Journal*, TEDxBoston, SXSW, The Harvard Women’s Leadership Conference, and *The Dr. Oz Show*. Nataly lives with her husband and daughter in Boston. For more, visit [happier.com](http://happier.com).

### SELF-HELP / PERSONAL GROWTH / HAPPINESS

Sounds True | 2/25/2020

9781683644668 | \$17.99 / \$23.50 Can.

Trade Paperback | 256 pages

8 in H | 5 in W

#### Other Available Formats:

Hardcover ISBN: 9781683641100

### MARKETING

Author platform promo (100K email / 49K social media followers)

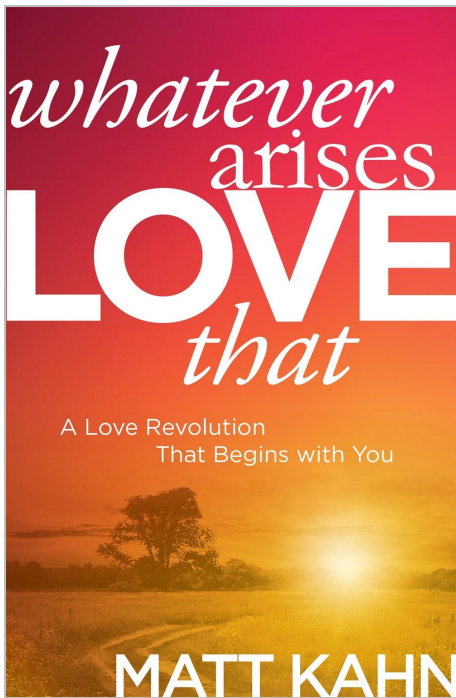
Tie-in to author speaking engagements (represented by Harry Walker)

Feature in ST New Release email to 1.3M

Targeted media outreach to health & wellness and self-help outlets

Select author events



**SELF-HELP / SPIRITUAL**

Sounds True | 3/24/2020

9781683644699 | \$17.99 / \$23.50 Can.

Trade Paperback | 208 pages

8 in H | 5 in W

**Other Available Formats:**

Audio ISBN: 9781622039159

Hardcover ISBN: 9781622035304

**MARKETING**

Author platform promo (79K email / 235K social media followers)

ST social media promo (425K social media followers)

Feature in ST New Release email to 1.3M

## Whatever Arises, Love That

*A Love Revolution That Begins with You*

Matt Kahn

### An exploration of love as the most powerful force to transform all areas of your life

There are four simple words that point the way toward freedom and fulfillment: “whatever arises, love that.”

Now available in paperback, *Whatever Arises, Love That* provides a series of deeply healing insights and practices to ignite the spark of your highest potential. Kahn illuminates concepts such as surrendering on the spiritual journey, untangling the energetic roots of the ego, reclaiming the joy of your true innocent nature, and reuniting the heart and mind as a doorway to spiritual evolution.

As Matt often says, “The deepest invitation in any moment is to heal the root of human suffering and celebrate the Spirit in all by opening your heart to its absolute potential. In a universe of endless questions, love is the only answer.” *Whatever Arises, Love That* is a new blueprint for exploring spiritual evolution in the most heart-centered way.

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

# Angels and Archangels

*The Western Path to Enlightenment*

Damien Echols

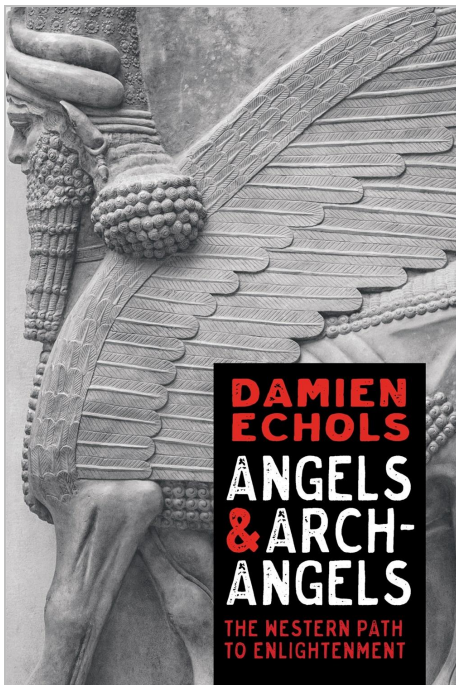
**Learn to call on the divine assistance of angelic forces to shape your life in this in-depth guide from Damien Echols**

“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* (Plume, 2013), *Yours for Eternity* (with Lorri Davis; Plume, 2013), and *High Magick* (Sounds True, 2018). 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](http://damienechols.com).



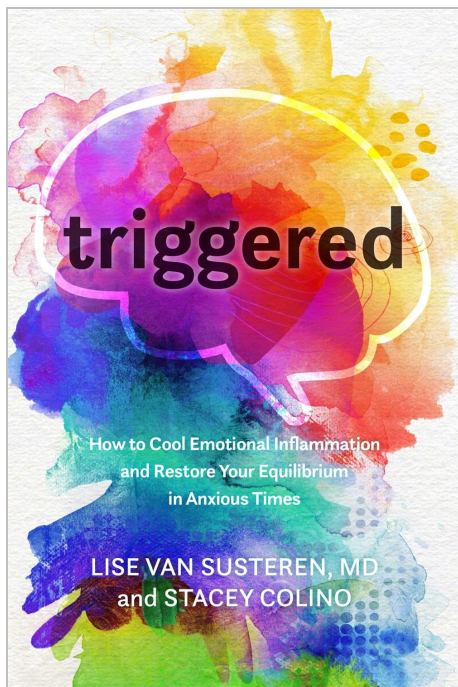
## **BODY, MIND & SPIRIT / ANGELS & SPIRIT GUIDES**

Sounds True | 5/12/2020  
 9781683643265 | \$24.99 / \$32.50 Can.  
 Hardcover with dust jacket | 300 pages  
 9 in H | 6 in W  
 30-50 B&W illos TK from author

## **MARKETING**

Advertising in trade and core market publications (print/digital)  
 Major pre-order campaign, targeting author community (165K social media / 28K email)  
 Dedicated eblast to targeted segment of ST 1.3M mailing list





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

Sounds True | 4/28/2020

9781683644552 | \$24.99 / \$32.50 Can.

Hardcover with dust jacket | 280 pages

9 in H | 6 in W

N/A

**MARKETING**

Outreach to author's affiliated organizations like Al Gore's The Climate Project, Harvard's T.H.Chan School of Public Health, and the Earth Day Network  
Finished book mailing to environmental justice initiatives and university programs  
Dedicated eblast to targeted segment of ST 1.3M mailing list  
Targeted media outreach to mainstream, women's, mindfulness, and health & wellness media  
Select author appearances

## Emotional Inflammation

*Discover Your Triggers and Reclaim Your Equilibrium During Anxious Times*

Lise Van Susteren, Stacey Colino

### Discover your unique pattern of emotional inflammation and learn how to cool down in anxious times

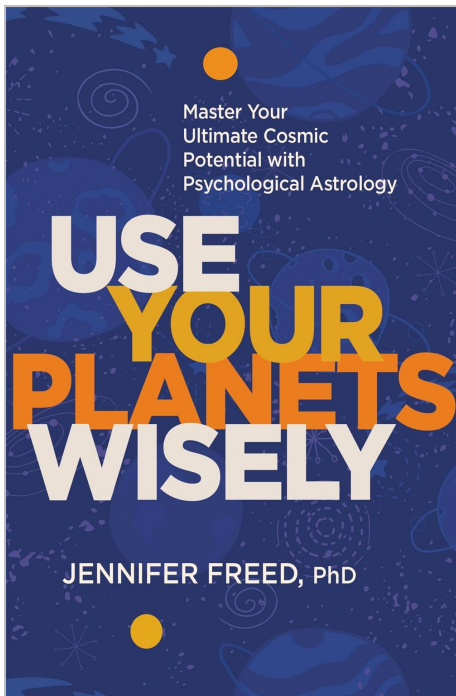
If the news has you feeling anxious or outraged, you're not alone. There is a name for this: emotional inflammation. With *Triggered*, you'll discover a breakthrough plan for dealing with this modern affliction. General and forensic psychiatrist Dr. Lise Van Susteren joins health journalist Stacey Colino to present a program called RESTORE, which will help you discover your "reactor type" for emotional inflammation and show you how to become more grounded and resilient in turbulent times.

One of the main causes of emotional inflammation is our sense that the big issues—like climate change, gun violence, and political corruption—are beyond our control. With RESTORE, you'll learn you have more power than you realize. With strategies for relieving stress, critical thinking, recovering inner composure, and reclaiming the gifts of nature, you'll learn to transform your distress into steady calm and strength.

As you move from a state of emotional whiplash into greater balance and harmony, you can redirect your energy, manage your feelings, and cultivate healthier habits. Ultimately, you'll learn to become an "upstander"—a force for improving the conditions that fuel your fears. With a relatable style and a heaping dose of hope, *Triggered* is a timely antidote for a world in turmoil.

**LISE VAN SUSTEREN, MD**, in private practice in Washington, DC, served as assistant clinical professor of psychiatry at Georgetown University and as a psychological profiler for the CIA. She is a go-to commentator for CNN, NBC, NPR, the *Wall Street Journal*, HuffPost, and other outlets.

**STACEY COLINO** is an award-winning writer specializing in health and psychology. Her work appears in *US News & World Report*, *Prevention*, *Family Circle*, *Parade*, and *Parents*. She lives in Chevy Chase, MD.



## Use Your Planets Wisely

*Master Your Ultimate Cosmic Potential with Psychological Astrology*

Jennifer Freed

**Learn how you can accept yourself and grow into your highest potential using psychological astrology**

“Who am I, really? What did I come here to do? Who am I in relationships?” A good therapist will help you answer these questions; so will a good astrologer. Dr. Jennifer Freed has a deep understanding of both these areas of practice, and she has incredible success in combining them in her work with individuals and groups for the last 25 years.

In *Choose Your Fate*, Dr. Freed introduces you to psychological astrology as a way to dive deep into understanding yourself and others in a profound and life-changing way. If you think of yourself as simply a Virgo or a Pisces or a Capricorn, be prepared to expand your self-knowledge many-fold. “Your birth chart reveals at least *ten times* more about you than you might have thought,” says Dr. Freed. “The knowledge in this book will give you a far more complete picture of your psychological and emotional blueprint.”

By understanding your cosmic DNA, nine core strengths, and cosmic committee, you’ll come to trust that there is a divine orchestration that guides you, that you have a purpose in the world, and that both your light and your shadows are welcome participants in your psychological and relational lives.

*Choose Your Fate* is for everyone who would like to better know themselves, have better relationships, and enjoy greater happiness and fulfillment in community.

**Dr. Jennifer Freed** is a psychotherapist, mediator, and author with over 25 years’ experience in the fields of psychological astrology and social-emotional learning. Her work has been featured in *USA Today*, the *New York Times*, HuffPost, and *Forbes*, as well as on *Good Morning America* and *Fox News*. She’s a frequent contributor to Goop, writing about astrology, relationships and personal growth. Dr. Freed lives in Santa Barbara with her family. For more, visit [jenniferfreed.com](http://jenniferfreed.com) or [jenniferfreedastro.com](http://jenniferfreedastro.com).

### **BODY, MIND & SPIRIT / ASTROLOGY**

Sounds True | 1/7/2020

9781683644439 | \$21.99 / \$28.99 Can.

Hardcover Paper over boards | 296 pages

8 in H | 5 in W

N/A

#### **Other Available Formats:**

Audio ISBN: 9781683644477

### **MARKETING**

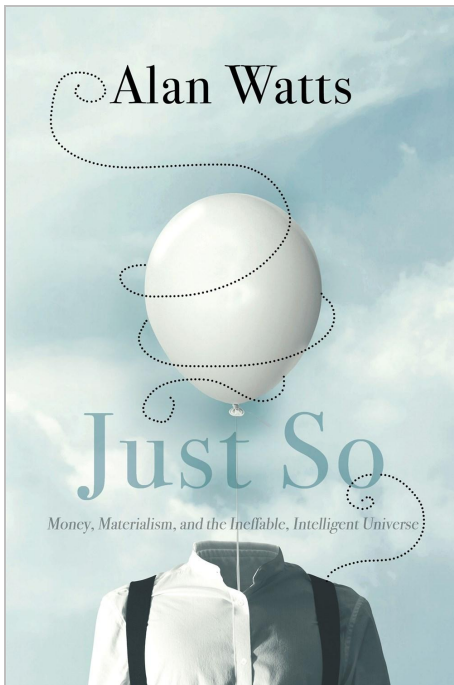
Advertising in trade and core market publications (print/digital)

Co-promotion with Goop online / Good Health Summits

Dedicated eblast to targeted segment of ST 1.3M mailing list

Targeted media outreach to mainstream, spirituality, New Age, and women’s media

Features on contributor websites, newsletters & social media



### **BODY, MIND & SPIRIT / SPIRITUALISM**

Sounds True | 2/25/2020  
 9781683642947 | \$17.99 / \$23.50 Can.  
 Trade Paperback | 240 pages  
 8 in H | 5.3 in W  
 N/A

### **MARKETING**

Audio “teasers” campaign on social media using excerpts from the Just So audio archive  
 Finished book mailing to university Eastern Religions depts and student meditation/mindfulness groups  
 Dedicated eblast to targeted segment of ST 1.3M mailing list

## **Just So**

*The Book*

Alan Watts

**From the luminary and prophetic Alan Watts, an invitation to embrace pleasure, play, and connection in our ever-evolving world**

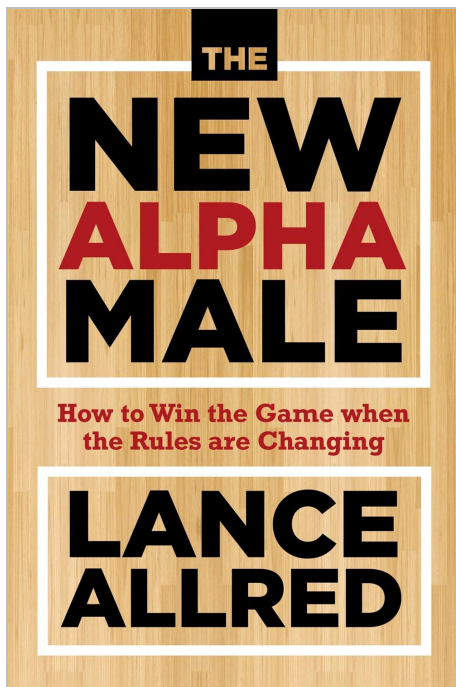
“If you were God,” asked Alan Watts, “what kind of universe would you create? A perfect one free of suffering and drama? Or one filled with surprise and delight?”

From the 1950s to the 1970s, Eastern spiritual philosophies sparked in the West profound new ways of perceiving ourselves, the mysteries of reality, and the unfolding destiny of humanity. And through his live gatherings and radio talks, Alan Watts was at the forefront—igniting astonishing insights into who we are and where we’re heading. Based on a legendary series of seminars, *Just So* illuminates three fascinating domains: money versus real wealth, the spirituality of a deeper materialism, and how technology and spirituality are both guiding us to ever greater interconnection in the universe that we find ourselves in.

Along the way, readers will explore many other themes, at turns humorous, prescient, and more relevant today than ever. What unfolds is a liberating view of humanity that arises from possibility and the unpredictable—perfect and “just so,” not in spite of its messy imperfections, but *because* of them.

Alan Watts is the author of more than twenty-five books, including *The Book: On the Taboo Against Knowing Who You Are*, *The Wisdom of Insecurity: A Message for an Age of Anxiety*, and *Psychotherapy East and West*. He has inspired generations of spiritual seekers and, through his books and recordings, continues to enthrall new readers and listeners to this day. For more information, visit [alanwatts.org](http://alanwatts.org).





### SELF-HELP / PERSONAL GROWTH

Sounds True | 3/10/2020  
 9781683643760 | \$24.99 / \$32.50 Can.  
 Hardcover with dust jacket | 250 pages  
 9 in H | 6 in W  
 None

Other Available Formats:  
 Audio ISBN: 9781683643784

### MARKETING

Advertising in trade and core market publications (print/digital)  
 Promotional tie-in to author's TedX Talk and corporate speaking engagements  
 Dedicated eblast to targeted segment of ST 1.3M mailing list

## The New Alpha Male

*How to Win the Game When the Rules Are Changing*

Lance Allred

### NBA and TEDx star Lance Allred helps men their true source of strength, while embracing authenticity and vulnerability

These days, we hear plenty about what's wrong with men—like toxic masculinity, patriarchy, mansplaining, and male privilege. But how does a man get it *right* in this changing world? When our most visible role models are only showing us how to be angry and regressive, today's men need a new game plan for success: *The New Alpha Male*, by Lance Allred.

Having grown up in an ultra-patriarchal family and succeeded in the hyper-competitive world of the NBA, Allred knows firsthand how the old model of masculinity works—and why it is failing both men and women today. In this book, framed within the context of a basketball game, he helps men break down the outdated ideas we've internalized as “truths” about topics such as culture, addiction, fear, and spirituality—so we can move on to build a better, healthier, and stronger vision of manhood.

Allred's new playbook is built around the seven Principles of Perseverance—Accountability, Integrity, Compassion, Discomfort, Acceptance, Transformation, and the final “winning combination” of Forgiveness and Gratitude. *The New Alpha Male* is a bold, straight-talking guide for men of all ages who want to step up their game and become the sort of empowered, openhearted leaders our world needs.

**LANCE ALLRED** was born legally deaf from RH complications, and was raised in a polygamist commune in rural Montana before his family escaped when he was 13. A former NBA star, Lance is the author of four books, including *Longshot*. Lance is a sought-after speaker whose TEDx talk “What Is Your Polygamy?” has more than 4.5 million views; he has also been a leadership consultant for the FBI. He lives in Salt Lake City. For more, visit [lanceallred41.com](http://lanceallred41.com).

## Transformed by Birth

*Cultivating Openness, Resilience, and Strength for the Life Changing Journey from Pregnancy to Parenthood*

Britta Bushnell

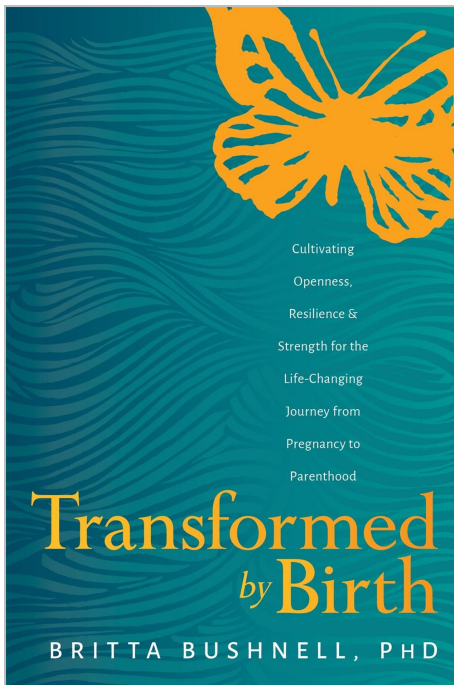
**This book awakens expectant parents to the transformative experience of pregnancy, childbirth, and parenting**

As expecting parents, you've got more information than ever about proper nutrition, home versus hospital births, fitness, medications, and the list goes on. Yet when it comes to the deeper truths about the incredible process of bringing a child into this world—like spiritual and emotional growth—where can you turn? With *Transformed by Birth*, Dr. Britta Bushnell has created the transformative, intelligent, and empowering pregnancy and childbirth guide you've been waiting for.

Our culture has bombarded us with false ideals that prevent us from fully engaging in the journey of pregnancy and childbirth—including a need for control and certainty, vilification of pain, and reverence for technology and intellectual knowledge. Dr. Bushnell helps you clear away these illusions so you can open to the meaning and comfort of this life-changing experience. Here she offers daily practices, rituals, drawing exercises, and more to help you cultivate resilience, power, and connection during this magical time.

Childbirth is more than a biological event, psychological event, relational event, or medical experience. With *Transformed by Birth*, you'll rediscover childbirth as a transformational experience that alters your knowing of who *you* are.

**Britta Bushnell, PhD**, is an award-winning childbirth educator, celebrated speaker, and specialist who has guided audiences to revolutionary new approaches to childbirth, relationship, and parenting for over 20 years. She spent more than a decade with Birthing From Within, a training organization for childbirth educators and doulas based on the classic childbirth book that shares its name. Dr. Bushnell lives in Los Angeles with her family. For more, visit [brittabushnell.com](http://brittabushnell.com).



### HEALTH & FITNESS / PREGNANCY & CHILDBIRTH

Sounds True | 1/28/2020  
 9781683644064 | \$18.99 / \$24.99 Can.  
 Trade Paperback | 280 pages  
 9 in H | 6 in W  
 20 TK from author

**Other Available Formats:**  
 Audio ISBN: 9781683644491

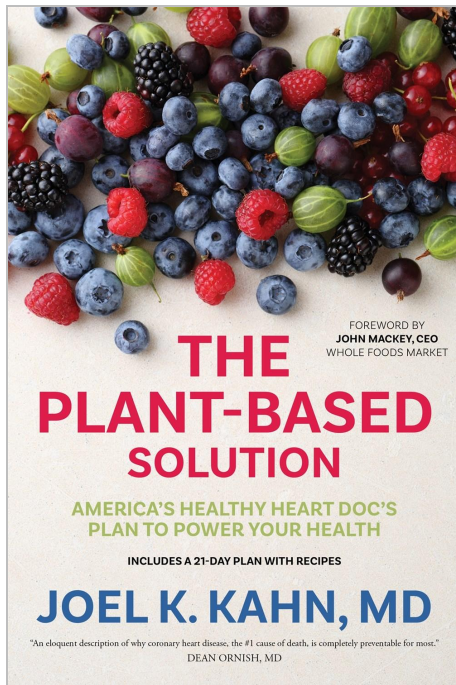
### MARKETING

Author-driven preorder campaign with endorser promotional support  
 Grassroots outreach to birth professionals (midwife/doula organizations)  
 Co-promotion with Birthing from Within (60K social media followers)

## The Plant-Based Solution

*America's Healthy Heart Doc's Plan to Power Your Health*

Joel K. Kahn, John Mackey



### HEALTH & FITNESS / DIET & NUTRITION / NUTRITION

Sounds True | 1/21/2020

9781683644651 | \$17.99 / \$23.50 Can.

Trade Paperback | 280 pages | Carton Qty: 24  
9 in H | 6 in W | 0 lb Wt

#### Other Available Formats:

Hardcover ISBN: 9781622038619

### MARKETING

Author platform promo (93K social media followers)

Feature in ST New Release email to 1.3M

ST social media promo (425K social media followers)

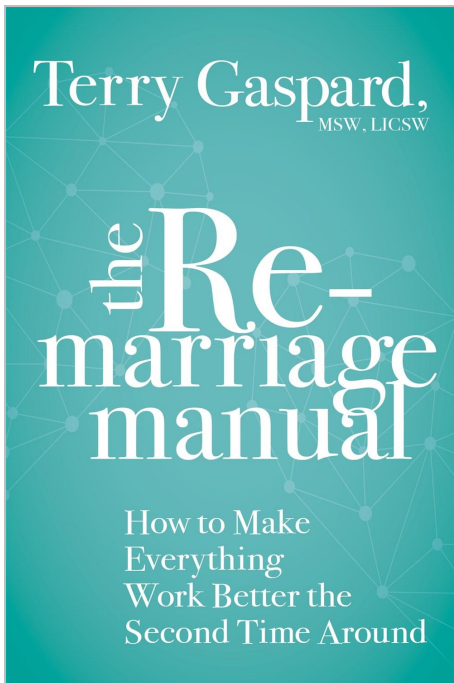
### A passionate, compelling, and scientific argument for plant-based nutrition

Are you ready to feel better, look better, and heal the planet at the same time? Then it's time to revolutionize your health from the inside out. With *The Plant-Based Solution*, leading cardiologist Dr. Joel Kahn shows how everyone can cultivate optimal well-being with a whole-foods, plant-based diet.

Now available in paperback, *The Plant-Based Solution* brings together a wealth of scientific research and in-depth case studies to clearly demonstrate how you can take charge of your own health. Join Dr. Kahn to explore: expanding compassion through vegan living; how plant-based eating impacts global warming; plants and your gut health; major religions and veganism; the surprising link between vegan diets and sex drive; reversing cancer and autoimmune disease; why plants might hold the key to better aging; and more!

**JOEL KAHN, MD**, is one of the world's top cardiologists and bestselling author of *The Whole Heart Solution* (Reader's Digest, 2014), currently a national public TV special. He inspires others to think scientifically and critically about the body's ability to heal through proper nutrition. For more, visit [drjoelkahn.com](http://drjoelkahn.com).





## The Remarriage Manual

*How to Make Everything Work Better the Second Time Around*

Terry Gaspard

**Remarriages are harder than firsts. Discover 10 keys to success—covering sex, communication, money, step-kids, and more.**

“Love may be sweeter the second (or third) time around, but once the bliss wears off, the reality of joining two distinct worlds sets in,” writes marriage and family therapist Terry Gaspard. She knows all the pitfalls and landmines. She has counseled couples for over 30 years and conducted original research, and her blogs for top websites are read and shared by hundreds of thousands. In *The Remarriage Manual*, Gaspard shows couples how to manage the 10 areas that most threaten second marriages.

Unfinished business with exes (and other old baggage), pressures of dealing with debt and handling money, blending families, finding time and space for sex, managing conflict, and more can strain second marriages to the breaking point. We might joke that marriage should come with a manual, but for remarriages it’s essential. The divorce rate is 60 percent compared to 50 percent for firsts.

The tips and tools Gaspard offers have directed countless remarried couples toward lasting happiness, including the author and her husband. *The Remarriage Manual* provides everything a couple needs to inspire or repair their second marriage. Therapists, divorce lawyers, and clergy will also find crucial insights for helping their clients.

**Terry Gaspard, MSW, LICSW**, is a therapist, author, and college instructor. Two of Terry’s research studies have been published in the *Journal of Divorce & Remarriage*. She blogs regularly at nine prominent websites by invitation, including Gottman.com, Patheos, marriage.com, The Good Men Project, Divorced Moms, Divorce Magazine, and HuffPost. She lives in Rhode Island and can be found online at [movingpastdivorce.com](http://movingpastdivorce.com).

### FAMILY & RELATIONSHIPS / MARRIAGE & LONG TERM RELATIONSHIPS

Sounds True | 2/18/2020  
 9781683644071 | \$17.99 / \$23.50 Can.  
 Trade Paperback | 256 pages  
 9 in H | 6 in W  
 N/A

### MARKETING

Author blog post promotions reaching 100K viewers via top relationship & divorce media  
 Grassroots outreach to couples counseling organizations and prominent divorce support groups  
 Facebook advertising for author video series, focused on 10 steps

# MASTER OF YOU

*A Five-Point System to*  
Synchronize Your Body,  
Your Home, and Your Time  
with Your Ambition

**CATE STILLMAN**

## SELF-HELP / PERSONAL GROWTH / SUCCESS

Sounds True | 3/17/2020  
9781683642619 | \$18.99 / \$24.99 Can.  
Trade Paperback | 300 pages  
9 in H | 6 in W  
10-20 B&W simple images

## MARKETING

Pre-order campaign to author community  
(60K email / 65K social media)  
Promotion via author's Real Thrive Show  
podcast, with 70K downloads per month  
Dedicated eblast to targeted segment of  
ST 1.3M mailing list

## Master of You

*A Five-Point System to Synchronize Your Body, Your Home,  
and Your Time with Your Ambition*

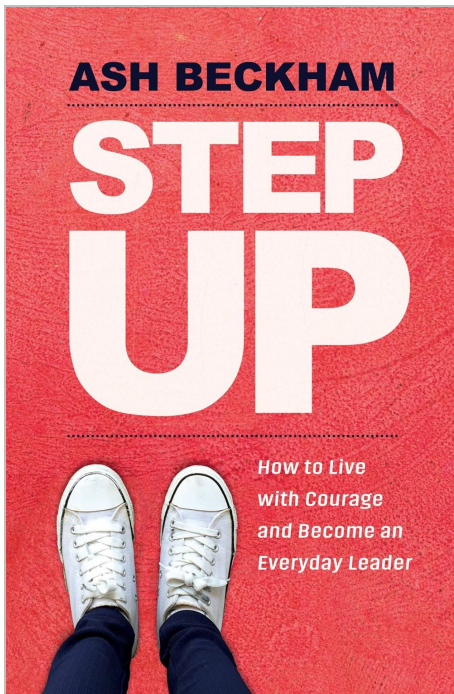
Cate Stillman

### Welcome to a system for evolving every aspect of your life through the five elements of Ayurveda

Do you ever sense that there's a gap between how you see your potential and how you actually live your day to day? If so, thought leader and wellness expert Cate Stillman has a breakthrough solution: an innovative, cutting-edge experience of the five elements of Ayurveda to accelerate living your potential. In *Master of You*, Cate imparts this ancient wisdom through a modern lens, providing a detailed map to accessing the powers inherent in earth, air, fire, water, and space to consciously construct and design your life.

*Master of You* empowers your evolution by helping you activate the deeper dream of who you want to become next, unleashing the power of the five elements to shapeshift your dream into reality. You will design your home, your schedule, and your entire life in alignment with who you want to become next. Rather than quick fixes and life hacks, Cate offers element-by-element instruction to organize your home (space), optimize your biorhythms (earth), clarify your ambitions (fire), realign your time to hit your goals (air), and fall into a deep experience of integrity and flow in your daily life (water). With Cate's guidance, you'll steer in the direction of your deeper next purpose, raise the bar on your expectations, be the conscious creator of your future, and become the person you've always sensed you could be.

**Cate Stillman** has guided a global online tribe into thriving in body, family, and community through innovative yoga and Ayurvedic teachings since 2001. She hosts the *Yogahealer Real Life Show*, a weekly podcast featuring dozens of experts in the field, and is the author of *Body Thrive*. She splits her time between Wyoming and Mexico. For more, see [yogahealer.com](http://yogahealer.com).



**SELF-HELP / PERSONAL GROWTH / SELF-ESTEEM**

Sounds True | 3/24/2020  
 9781683642787 | \$18.99 / \$24.99 Can.  
 Hardcover with dust jacket | 160 pages  
 8 in H | 5 in W

**Other Available Formats:**  
 Audio ISBN: 9781683643920

**MARKETING**

Marketing videos with tips and tools to incorporate the 8 pillars into your leadership style  
 Finished book mailing to university leadership programs and LGBT student groups  
 Dedicated eblast to targeted segment of ST 1.3M mailing list

## Step Up

*How to Live with Courage and Become an Everyday Leader*

Ash Beckham

**Discover the eight pillars of everyday leadership to make a positive impact in your life, community, workplace, and more**

Who will step up and change the course of a world that is so full of anger and conflict? Not elected officials or media personalities, but what equality advocate Ash Beckham calls “everyday leaders”—including you. “We are moms and teachers and executives and imams,” she says. “Before we start changing the external world, we need to commit to living fully and completely as our most authentic selves.”

In *Step Up*, Beckham presents eight pillars to become an everyday leader—Empathy, Responsibility, Courage, Grace, Individuality, Humility, Patience, and Authenticity. For each pillar, she shares engaging stories of her own journey from isolation and anger to a place of greater openness and connection. She then provides eye-opening research on what it takes to build these essential qualities, coupled with practices to mindfully change the way you relate to yourself and the people in your life.

“We all have closets,” says Beckham. “We in the LGBTQ community do not have the closet market cornered.” Though our closets may feel safe, we only become whole and effective when we stop hiding from ourselves and others. *Step Up* is a powerful call to action—to speak when it feels easier to be silent, to do good without being self-righteous, and to create a world of inclusion where everyone has a voice.

**Ash Beckham** is an inclusion activist whose TEDx talk “Coming Out of Your Closet” became a viral sensation. Her talk shares how coming out as a lesbian helped her appreciate our common humanity and the secrets that we all keep. Her intrepid, relatable, and intrinsically comical style has made her an in-demand speaker, including events at Microsoft, Lockheed Martin, and the keynote for the first LBGTQ Conference at Harvard University. She lives in Longmont, Colorado. For more, visit [ashbeckham.com](http://ashbeckham.com)...



## Tara

### *The Liberating Power of the Female Buddha*

Rachael Wooten

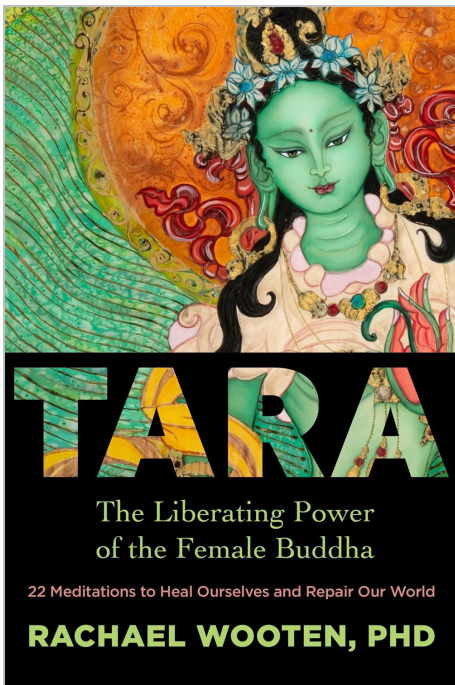
#### **A practical guide for invoking the power and blessings of Tara, the beloved female Buddhist deity of Tibet**

"Tara connects you to the archetypal Divine Feminine," writes Dr. Rachael Wooten, "an energetic force that exists within us and all around us." While there are many scholarly books on Tara, this practical, psychological guide shows how those of any tradition can directly access her, through clear instruction and authentic Tibetan Buddhist teachings.

In her myriad forms, Tara—also known as the female Buddha of Tibet—has the power to protect us from inner and outer negativity, illuminate our self-sabotaging habits, cleanse mental and physical poisons, open us to abundance, give us strength and peace, help us fulfill our life purposes, and more. Here, readers explore each of the 21 manifestations of Tara, engaging with each through traditional meditations, visualizations, praises, mantra chants, and the author's extensive experience as a depth psychologist.

"If ever the voice of wisdom and compassion was needed in the form of an awakened female figure such as Tara," writes Wooten, "that time is now." This book illuminates the way to her healing, blessings, and aid.

**Rachael Wooten, PhD**, is a Jungian analyst and psychologist who practices and studies texts in the Buddhist, Jewish, and Christian traditions. She has been authorized to teach the Tara practice by her Tibetan root guru Lodrö Tulku Rinpoche for over 20 years. She lives in Raleigh, North Carolina.

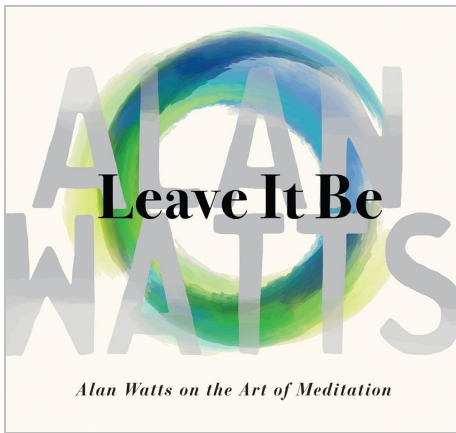


#### **RELIGION / BUDDHISM**

Sounds True | 4/28/2020  
 9781683643883 | \$17.99 / \$23.50 Can.  
 Paperback | 278 pages  
 9 in H | 6 in W  
 Maybe 1 2c/4c insert

#### **MARKETING**

ST social media campaign (425K social media followers), including ST blog feature  
 Dedicated eblast to targeted segment of ST 1.3M mailing list  
 Finished book mailing to Buddhist organizations, retreat centers, and monasteries



## Leave It Be

*Alan Watts on the Art of Meditation*

Alan Watts

**Legendary "philosophical entertainer" Alan Watts offers a delightful audio journey into the spirit and art of meditation from many traditions**

"What would it be like to see all as *one*?" Alan Watts asks.

"We hear about attaining great states of consciousness. But the only way to have a real transformation is to stop thinking about it—and simply experience it."

From the 1950s to the 1970s, this seminal teacher sparked the West's love for Eastern wisdom. Now, in these rare recorded gems, he delights a new generation of inner explorers seeking deeper insights into meditation.

Here, Watts explores the principles behind Buddhist and yogic practices, Zen koans, Hindu mantra chanting, deep listening, effortless awareness, and more. The key to all meditation, reflects Watts, is to give up trying to do it—to *leave it be*—and allow ourselves to be *meditated by* what is beyond our illusory self.

For those looking for teachings seldom explored in the current tide of books on mindfulness, Buddhism, and yoga, Watts is here to enthrall us—as original, humorous, and relevant today as ever.

**Alan Watts** is the author of many of spiritual classics, including *The Book: On the Taboo Against Knowing Who You Are*, and *The Wisdom of Insecurity*. Through his books and recorded talks, he has inspired generations of spiritual seekers, and continues to illuminate new readers and listeners to this day. For more information, visit [alanwatts.org](http://alanwatts.org).

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

Sounds True | 1/7/2020

9781683642985 | \$79.99 / \$103.99 Can.

Audio CD

6.6 in H | 6.9 in W



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

Sounds True | 2/4/2020

9781683642855 | \$69.99 / \$90.99 Can.

Audio CD

6.6 in H | 7 in W

## 40 Days to Positive Change

*Daily Support to Create a New Habit*

Kelly McGonigal

**An in-depth audio program for getting the daily support and structure you need to create life-affirming new habits**

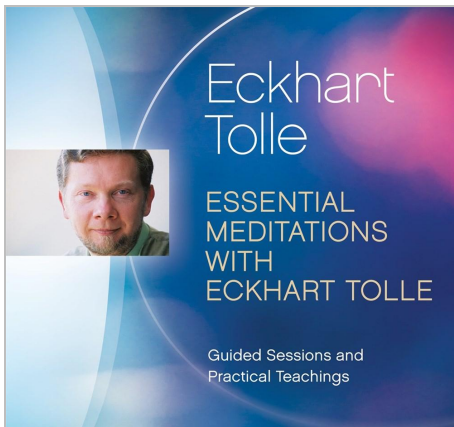
How many times have you tried to build a positive new habit, only to end up falling short? If so, you probably didn't have the structure and support critical for instilling a new behavior. With *40 Days to Positive Change*, Kelly McGonigal, PhD, provides just that—the helping hand necessary to create the change you most desire in your life.

Whether it's exercising every day, devoting yourself fully to a personal project, or establishing a regular meditation practice, this innovative program will provide the scaffolding necessary to instill a positive habit in your life. Drawing upon the latest neuroscientific and behavioral research, *40 Days to Positive Change* emphasizes that new habits are built on a foundation of intention, gratitude, joy, loving compassion, and interdependence. Part mentor, part professor, and part coach, McGonigal will guide you in daily practices and lessons to follow through in each of these areas. By the end of this audio journey, you'll have all the tricks and tools you need to live out your new, better habit without letting it drop by the wayside.

Best of all, this program's lessons are endlessly renewable. Once you've followed the 40-day journey toward habit change, you can begin again to weave another positive behavior into the fabric of your life.

**Kelly McGonigal, PhD**, is a research psychologist and award-winning lecturer at Stanford University. A leading expert on the mind-body relationship, her work integrates the latest findings of psychology, neuroscience, and medicine with contemplative practices of mindfulness and compassion. She is the author of *The Joy of Movement*, *The Upside of Stress*, *The Willpower Instinct*, and *Yoga for Pain Relief*. For more, visit [kellymcgonigal.com](http://kellymcgonigal.com).





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

Eckhart Teachings, Inc. | 2/11/2020  
9781988649092 | \$89.99 / \$116.99 Can.  
Audio CD  
6.6 in H | 7 in W

## Essential Meditations with Eckhart Tolle

*Guided Sessions and Practical Teachings*

Eckhart Tolle

### Discover the timeless Presence beyond thought in this collection of meditations from Eckhart Tolle

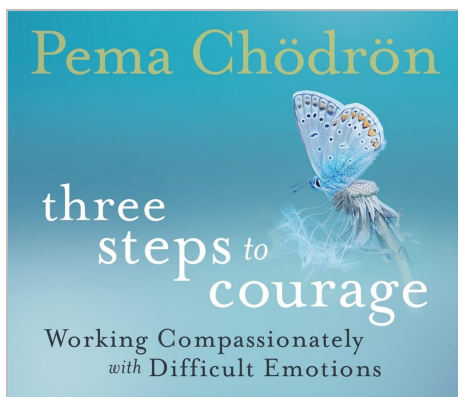
We tend to think of meditation as a formal practice that we block time out for each day. But what if every moment of your life was your meditation?

For Eckhart Tolle, meditation shouldn't be approached as a chore or a means to an end. Rather, he states that, "The aim of meditation is that it eventually becomes your normal state of consciousness." *Essential Meditations with Eckhart Tolle* points the way toward this quiet, constant state of Presence—where practice gives way to the realization of your essential identity.

This retrospective collection gathers rare talks and classic meditations from Eckhart's extensive teachings, many of which have only been available to retreat participants. Over the course of more than a dozen sessions, Eckhart leads you in meditations for breaking attachment to the stream of thought, easing suffering, discerning your "formless" self, and how to embody Presence in every single moment.

"You don't have to be at the mercy of whatever comes into your mind," says Eckhart. In *Essential Meditations with Eckhart Tolle*, you find not only teachings *about* transcending the thought-based self, but a direct experience of stillness itself.

**Eckhart Tolle** is a world-renowned spiritual teacher and bestselling author in print and on audio. His published works include the Oprah's Book Club selection *A New Earth* (Penguin Group, 2008) and *The Power of Now* (Namaste Publishing, 2004). He lives in Vancouver, BC, Canada. See [eckharttolle.com](http://eckharttolle.com) for more.



## Three Steps to Courage

*Working Compassionately with Difficult Emotions*

Pema Chödrön

**In the midst of fear, anger, or sadness, the feelings we want to avoid can open the way to fearlessness, our basic goodness, and true freedom**

This supportive series of talks brings us the beloved Tibetan Buddhist teacher Pema Chödrön at her best—helping to guide us back to our wisest and most heartfelt selves. Here, she shares three simple, time honored steps or "attitudes" to practice when we are in pain or crisis:

- Finding the stillness and space within our inner storms so that we can act rather than react
- Transforming our emotions and welcoming them as friends
- Using all of our felt experiences—positive and negative—as a direct path not only to immediate relief but to real courage, nurtured through compassion

The feelings that we want to run from, Pema tells us, offers us the very fuel we need to grow our strength and self-acceptance. With *Three Steps to Courage*, listeners will learn how to do just that—with welcome support and inspiration along the way.

**Pema Chödrön** is an American-born Buddhist nun and the author of many modern-day spiritual classics. She serves as resident teacher at Gampo Abbey Monastery in Nova Scotia. For more information, visit [pemachodronfoundation.org](http://pemachodronfoundation.org).

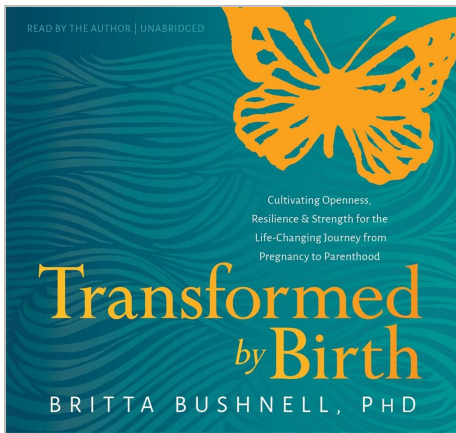
### SELF-HELP / EMOTIONS

Sounds True | 3/3/2020

9781683644378 | \$24.99 / \$32.50 Can.

Audio CD

5 in H | 6 in W



## Transformed by Birth

*Cultivating Openness, Resilience, and Strength for the Life-Changing Journey from Pregnancy to Parenthood*

Britta Bushnell

**This book awakens expectant parents to the transformative experience of pregnancy, childbirth, and parenting**

As expecting parents, you've got more information than ever about proper nutrition, home versus hospital births, fitness, medications, and the list goes on. Yet when it comes to the deeper truths about the incredible process of bringing a child into this world—like spiritual and emotional growth—where can you turn? With *Transformed by Birth*, Dr. Britta Bushnell has created the transformative, intelligent, and empowering pregnancy and childbirth guide you've been waiting for.

Our culture has bombarded us with false ideals that prevent us from fully engaging in the journey of pregnancy and childbirth—including a need for control and certainty, vilification of pain, and reverence for technology and intellectual knowledge. Dr. Bushnell helps you clear away these illusions so you can open to the meaning and comfort of this life-changing experience. Here she offers daily practices, rituals, drawing exercises, and more to help you cultivate resilience, power, and connection during this magical time.

Childbirth is more than a biological event, psychological event, relational event, or medical experience. With *Transformed by Birth*, you'll rediscover childbirth as a transformational experience that alters your knowing of who *you* are.

**Britta Bushnell, PhD**, is an award-winning childbirth educator, celebrated speaker, and specialist who has guided audiences to revolutionary new approaches to childbirth, relationship, and parenting for over 20 years. She spent more than a decade with Birthing From Within, a training organization for childbirth educators and doulas based on the classic childbirth book that shares its name. Dr. Bushnell lives in Los Angeles with her family. For more, visit [brittabushnell.com](http://brittabushnell.com).

**HEALTH & FITNESS /  
PREGNANCY & CHILDBIRTH**

Sounds True | 2/25/2020

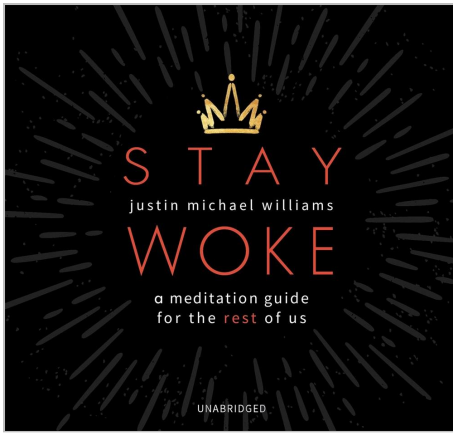
9781683644491 | \$29.99 / \$38.99 Can.

Audio CD

**Other Available Formats:**

Trade Paperback ISBN: 9781683644064





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

Sounds True | 3/10/2020

9781683643968 | \$29.99 / \$38.99 Can.

Audio CD

Photographs as chapter openers: 16 to 20,  
rights-cleared, provided by author.

**Other Available Formats:**

Hardcover ISBN: 9781683643722

## Stay Woke

*A Meditation Guide for the Rest of Us*

Justin Michael Williams

### A simple, no-nonsense guide to change your life and take hold of your dreams

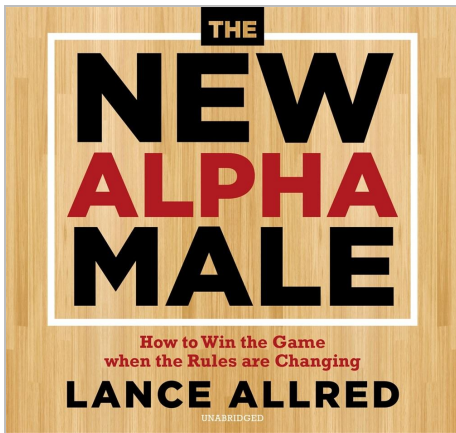
“I have a confession,” writes author Justin Michael Williams. “This is not really a meditation book.”

Yes, Williams is going to teach you everything you need to know about meditation—but if you came looking for a typical book on mindfulness, you’re in the wrong place.

*Stay Woke* is FOR THE PEOPLE. *All* people, of *all* backgrounds deserve to have access to the information they need to change their lives. And if you grew up in struggle—overcoming homophobia, anxiety, sexism, depression, poverty, toxic masculinity, racism, or trauma—you need a different type of meditation . . . one that doesn’t pretend the struggle doesn’t exist.

Now, Williams introduces Freedom Meditation—a distinct approach that addresses disillusionment, social justice, overwhelm, and shame; strengthens intuition; cuts through self-sabotaging programming; and empowers you to make better decisions. Whether you’ve tried meditation but it never sticks, or you’ve heard about it but never gave it a shot, this 10-step guide will cut through the noise and teach you how to create a daily meditation ritual that fits in with your messy, modern life. *Stay Woke* is a book that breaks barriers and encourages people of all identities, colors, shapes, ages, and economic backgrounds to claim their innate and limitless potential.

**Justin Michael Williams** is a meditation teacher, top 20 recording artist, and transformational speaker with a mission: to bring diversity and inclusion to wellness. He has been featured by Billboard.com and *Yoga Journal*, shared the stage with Deepak Chopra, and presented at events such as Wanderlust and SXSW®. Justin’s greatest wish is for his teachings to empower people from all walks of life to wake up to their life’s purpose and accomplish the dreams they once thought were impossible.



**SELF-HELP / PERSONAL  
GROWTH**

Sounds True | 4/14/2020  
9781683643784 | \$29.99 / \$38.99 Can.  
Audio CD  
None

**Other Available Formats:**  
Hardcover ISBN: 9781683643760

## The New Alpha Male

*How to Win the Game When the Rules Are Changing*

Lance Allred

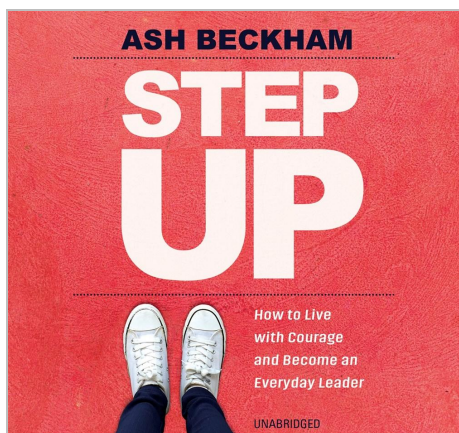
### NBA and TEDx star Lance Allred helps men their true source of strength, while embracing authenticity and vulnerability

These days, we hear plenty about what’s wrong with men—like toxic masculinity, patriarchy, mansplaining, and male privilege. But how does a man get it *right* in this changing world? When our most visible role models are only showing us how to be angry and regressive, today’s men need a new game plan for success: *The New Alpha Male*, by Lance Allred.

Having grown up in an ultra-patriarchal family and succeeded in the hyper-competitive world of the NBA, Allred knows firsthand how the old model of masculinity works—and why it is failing both men and women today. In this book, framed within the context of a basketball game, he helps men break down the outdated ideas we’ve internalized as “truths” about topics such as culture, addiction, fear, and spirituality—so we can move on to build a better, healthier, and stronger vision of manhood.

Allred’s new playbook is built around the seven Principles of Perseverance—Accountability, Integrity, Compassion, Discomfort, Acceptance, Transformation, and the final “winning combination” of Forgiveness and Gratitude. *The New Alpha Male* is a bold, straight-talking guide for men of all ages who want to step up their game and become the sort of empowered, openhearted leaders our world needs.

**LANCE ALLRED** was born legally deaf from RH complications, and was raised in a polygamist commune in rural Montana before his family escaped when he was 13. A former NBA star, Lance is the author of four books, including *Longshot*. Lance is a sought-after speaker whose TEDx talk “What Is Your Polygamy?” has more than 4.5 million views; he has also been a leadership consultant for the FBI. He lives in Salt Lake City. For more, visit [lanceallred41.com](http://lanceallred41.com).



## Step Up

*How to Live with Courage and Become an Everyday Leader*

Ash Beckham

**Discover the eight pillars of everyday leadership to make a positive impact in your life, community, workplace, and more**

Who will step up and change the course of a world that is so full of anger and conflict? Not elected officials or media personalities, but what equality advocate Ash Beckham calls “everyday leaders”—including you. “We are moms and teachers and executives and imams,” she says. “Before we start changing the external world, we need to commit to living fully and completely as our most authentic selves.”

In *Step Up*, Beckham presents eight pillars to become an everyday leader—Empathy, Responsibility, Courage, Grace, Individuality, Humility, Patience, and Authenticity. For each pillar, she shares engaging stories of her own journey from isolation and anger to a place of greater openness and connection. She then provides eye-opening research on what it takes to build these essential qualities, coupled with practices to mindfully change the way you relate to yourself and the people in your life.

“We all have closets,” says Beckham. “We in the LGBTQ community do not have the closet market cornered.” Though our closets may feel safe, we only become whole and effective when we stop hiding from ourselves and others. *Step Up* is a powerful call to action—to speak when it feels easier to be silent, to do good without being self-righteous, and to create a world of inclusion where everyone has a voice.

**Ash Beckham** is an inclusion activist whose TEDx talk “Coming Out of Your Closet” became a viral sensation. Her talk shares how coming out as a lesbian helped her appreciate our common humanity and the secrets that we all keep. Her intrepid, relatable, and intrinsically comical style has made her an in-demand speaker, including events at Microsoft, Lockheed Martin, and the keynote for the first LGBTQ Conference at Harvard University. She lives in Longmont, Colorado. For more, visit [ashbeckham.com](http://ashbeckham.com)...

**SELF-HELP / PERSONAL  
GROWTH / SELF-ESTEEM**

Sounds True | 4/21/2020

9781683643920 | \$29.99 / \$38.99 Can.

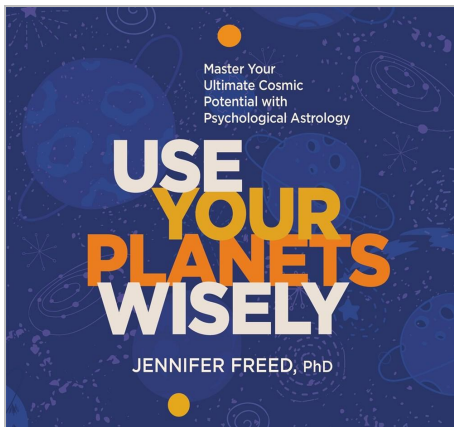
Audio CD

6.6 in H | 7 in W

**Other Available Formats:**

Hardcover ISBN: 9781683642787





**SELF-HELP / PERSONAL GROWTH**

Sounds True | 2/11/2020  
 9781683644477 | \$29.99 / \$38.99 Can.  
 Audio CD

**Other Available Formats:**  
 Hardcover ISBN: 9781683644439

## Use Your Planets Wisely

*Master Your Ultimate Cosmic Potential with Psychological Astrology*

Jennifer Freed

### Learn how you can accept yourself and grow into your highest potential using psychological astrology

“Who am I, really? What did I come here to do? Who am I in relationships?” A good therapist will help you answer these questions; so will a good astrologer. Dr. Jennifer Freed has a deep understanding of both these areas of practice, and she has incredible success in combining them in her work with individuals and groups for the last 25 years.

In *Choose Your Fate*, Dr. Freed introduces you to psychological astrology as a way to dive deep into understanding yourself and others in a profound and life-changing way. If you think of yourself as simply a Virgo or a Pisces or a Capricorn, be prepared to expand your self-knowledge many-fold. “Your birth chart reveals at least *ten times* more about you than you might have thought,” says Dr. Freed. “The knowledge in this book will give you a far more complete picture of your psychological and emotional blueprint.”

By understanding your cosmic DNA, nine core strengths, and cosmic committee, you’ll come to trust that there is a divine orchestration that guides you, that you have a purpose in the world, and that both your light and your shadows are welcome participants in your psychological and relational lives.

*Choose Your Fate* is for everyone who would like to better know themselves, have better relationships, and enjoy greater happiness and fulfillment in community.

**Dr. Jennifer Freed** is a psychotherapist, mediator, and author with over 25 years’ experience in the fields of psychological astrology and social-emotional learning. Her work has been featured in *USA Today*, the *New York Times*, HuffPost, and *Forbes*, as well as on *Good Morning America* and *Fox News*. She’s a frequent contributor to Goop, writing about astrology, relationships, and personal growth. Dr. Freed lives in Santa Barbara with her family. For more, visit [jenniferfreedastr.com](http://jenniferfreedastr.com)

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