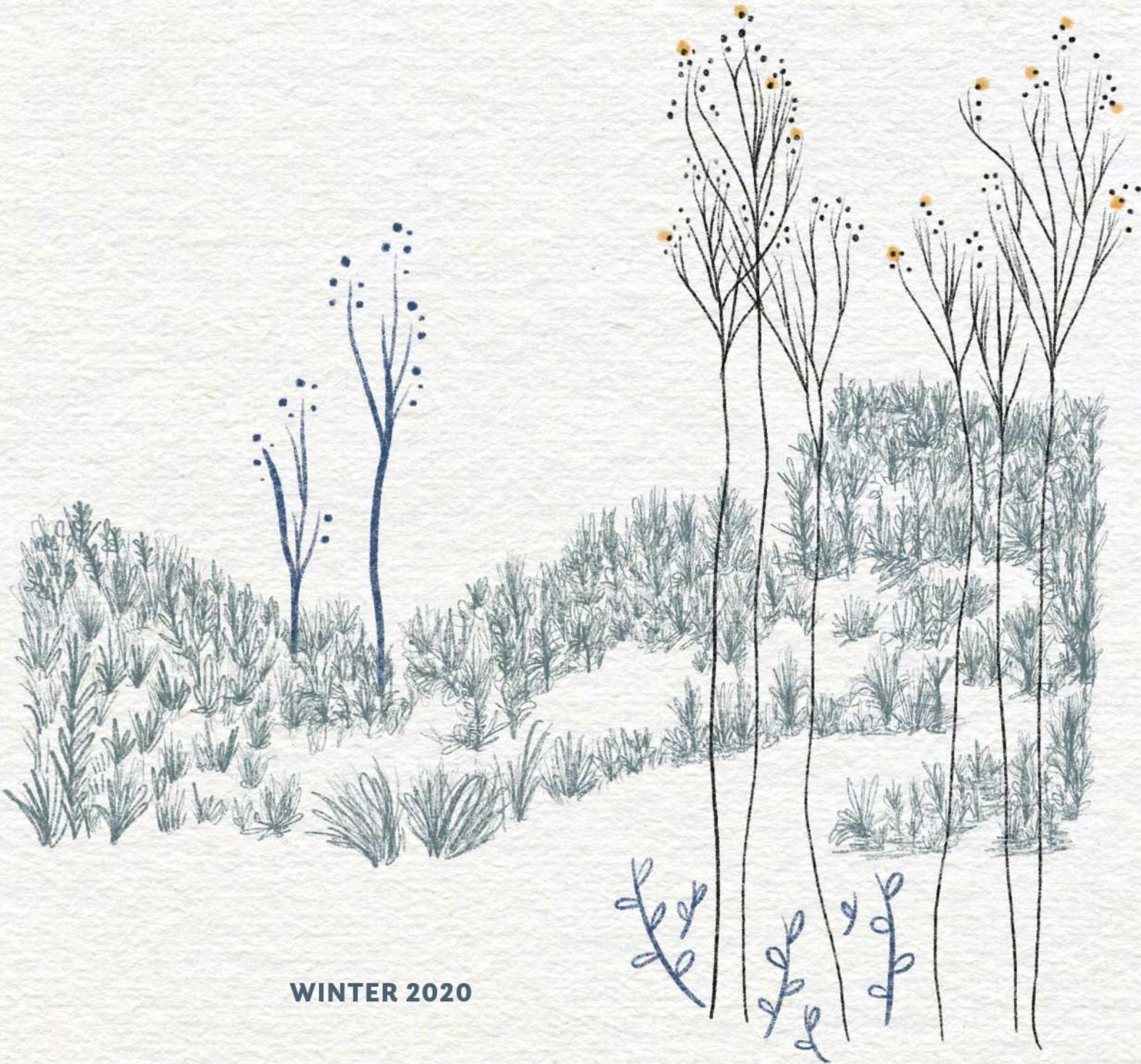




sounds true



WINTER 2020



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The Motherly Guide to Becoming Mama

Redefining the Pregnancy, Childbirth,
and Postpartum Journey

DIANA SPALDING



The Motherly Guide to Becoming Mama

Redefining the Pregnancy, Birth, and Postpartum Journey

by Diana Spalding, Jill Koziol and 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.

Author Bio

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 motherhood wellness center in Media, PA. **JILL KOZIOL** is the CEO and cofounder of Motherly. She resides in California. For more, visit mother.ly. **LIZ TENETY** is the Chief Digital Officer and cofounder of Motherly. She resides just outside of New York City. For more, visit mother.ly.

Sounds True

On Sale: Apr 14/20

7.38 x 9.25 • 504 pages

9781683643555 • \$25.00 • pb

Health & Fitness / Pregnancy & Childbirth

Notes

Promotion





Stay Woke

A Meditation Guide for the Rest of Us

by 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."

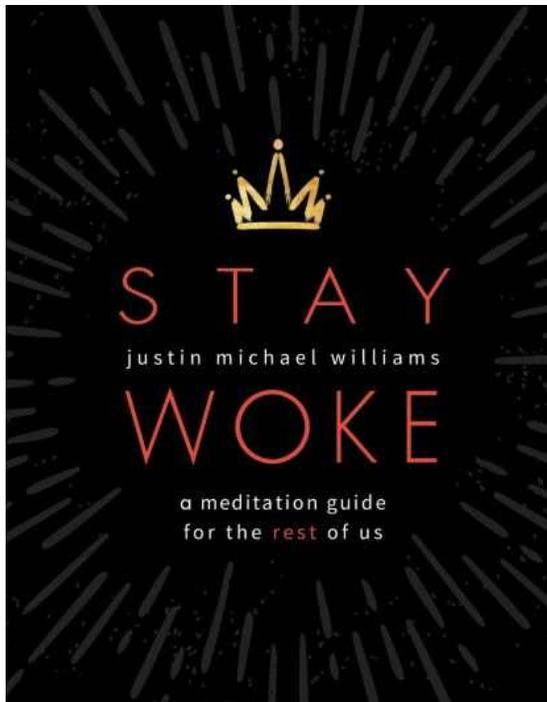
Yes, Williams is going to teach you everything you need to know about meditation - but if you came looking for a typical book on mindfulness, you're in the wrong place.

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.

Author Bio

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(Reg TM). 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.



Sounds True

On Sale: Feb 11/20

6 x 9 • 240 pages

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

9781683643722 • \$26.50 • CL - With dust jacket

Body, Mind & Spirit / Meditation

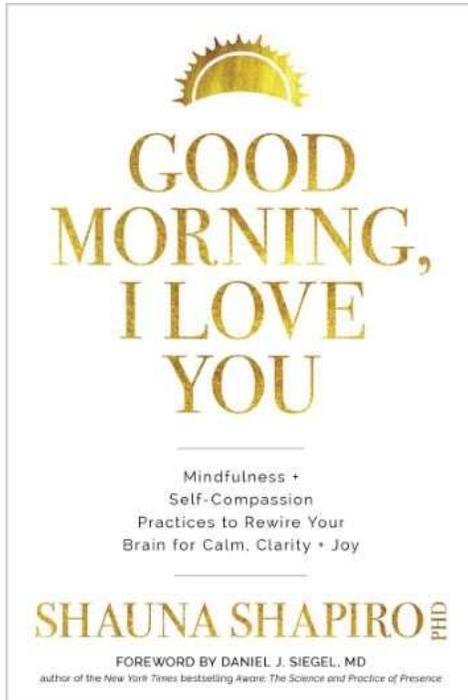
Notes

Promotion



9 781683 643722





Good Morning, I Love You

Mindfulness and Self-Compassion Practices to Rewire Your Brain for Calm, Clarity, and Joy
by Shauna Shapiro, Ph.D.

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.

Author Bio

Shauna Shapiro, PhD, is a professor, author, and internationally recognized expert in mindfulness and compassion. Nearly one million people have watched her 2017 TEDx talk "The Power of Mindfulness," rated one of the top 10 talks on mindfulness. Dr. Shapiro has published over 150 journal articles and coauthored two critically acclaimed books translated into 14 languages: *The Art and Science of Mindfulness*, and *Mindful Discipline*. Her work has been featured in the *Wall Street Journal*, *Mashable*, *Wired*, *USA Today*, the *Dr. Oz Show*, *HuffPost*, *Yoga Journal*, and the *American Psychologist*. Dr. Shapiro has been an invited speaker for the King of Thailand, the Danish Government, Bhutan's Gross National Happiness Summit, and the World Council for Psychotherapy, as well as for Fortune 100 companies including Google, Cisco Systems, Procter & Gamble, and Genentech. Dr. Shapiro is a summa cum laude graduate of Duke University and a Fellow of the Mind and Life Institute, co-founded by the Dalai Lama.

Sounds True

On Sale: Jan 28/20

5.25 x 8 • 240 pages

None

9781683643432 • \$32.50 • CL - With dust jacket

Self-Help / Personal Growth / Self-Esteem

Notes

Promotion



9 781683 643432





How to Carry What Can't Be Fixed

A Journal for Grief

by Megan Devine

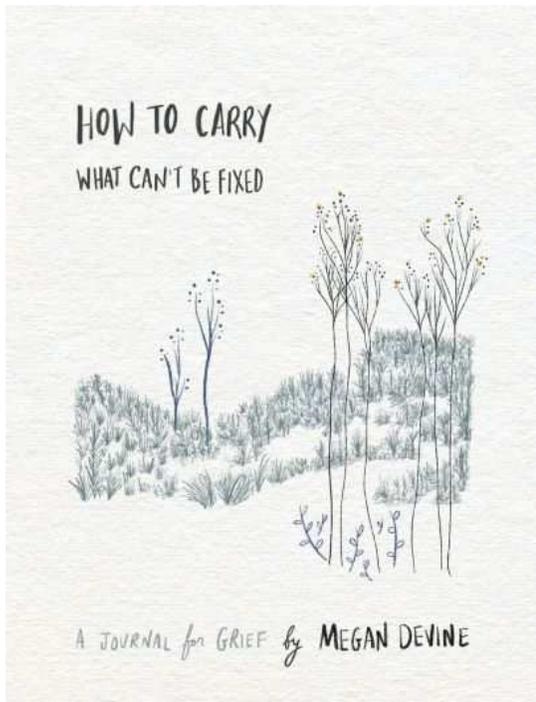
A journal for meeting grief with honesty and kindness - honoring loss, rather than packing it away

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 an illness to be cured or a problem to be fixed. This workbook contains no cliches, timetables, or checklists of stages to get through; it won't help you "move past" or put your loss behind you. Instead, you'll find encouragement, self-care exercises, and daily tools, including:

- o Writing prompts to help you honor your pain and heartbreak
- o On-the-spot practices for tough situations - like grocery store trips, the sleepless nights, and being the "awkward guest"
- o The art of healthy distraction and self-care
- o What you can do when you worry that "moving on" means "letting go of love"
- o Practical advice for fielding the dreaded "How are you doing?" question
- o What it means to find meaning in your loss
- o How to hold joy and grief at the same time
- o Tear-and-share resources to (...)

Author Bio

Megan Devine is a writer, speaker, and advocate for emotional change on a cultural level. She holds a master's in counseling psychology. Since the tragic loss of her partner in 2009, Megan has emerged as a bold new voice in the world of grief support. Her contributions via her site Refuge in Grief have helped create sanctuary for those in pain and encouragement for those who want to help. For more, visit refugeingrief.com.



Sounds True

On Sale: Feb 4/20

7.25 x 9.5 • 180 pages

Fully illustrated

9781683643708 • \$22.50 • pb

Self-Help / Death, Grief, Bereavement

Notes

Promotion



9 781683 643708





Happier Now

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

by 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.

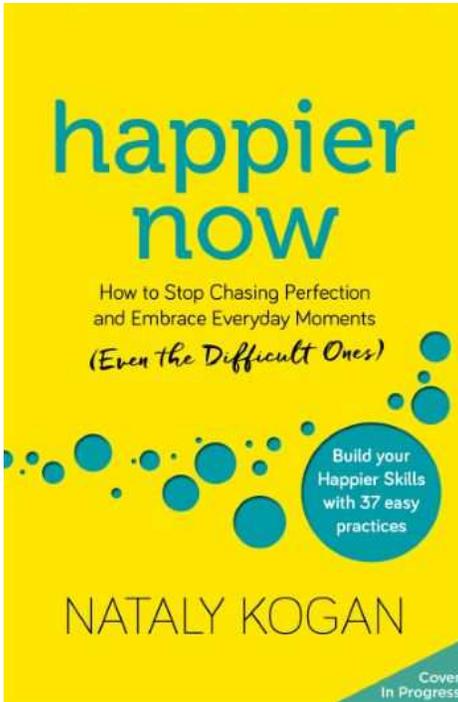
Now in paperback, *Happier Now* teaches five core skills for building your happier skills - acceptance, gratitude, intentional kindness, knowing your bigger why, and self-care - along with the scientific research that supports each one. This isn't a book about positive thinking, silver linings, or always 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's passion is contagious and persuades us that happiness might be possible even when life is hard. By making habit changes practical, by helping us reconnect to the meaning in our lives, and by opening up about the challenges she's overcome, Nataly's hopeful optimism is indomitable, inspiring and life-changing." - Shawn Achor, New York Times bestselling author of *Big Potential* and *The Happiness Advantage*

"In *Happier Now*, Nataly Kogan traces her own journey to everyday happiness. What she discovers is that chasing one big goal rarely brings (...)

Author Bio

Nataly Kogan is an entrepreneur, speaker, and author on a mission to help millions of people cultivate their happier skills by making simple, scientifically backed practices part of their daily life. Nataly immigrated to the US as a refugee from the former Soviet Union when she was 13 years old. Starting her life in the projects and on welfare, she went on to reach the highest levels of corporate success at companies like McKinsey & Company and Microsoft. When she still found herself unfulfilled, Nataly set out to discover what really leads to a fulfilling, happier life. Her explorations led her to create *Happier*, a company whose award-winning mobile application, online courses, and *Happier at Work* training programs have helped more than a million people



Sounds True

On Sale: Feb 25/20

5.25 x 8 • 256 pages

9781683644668 • \$23.50 • pb

Self-Help / Personal Growth / Happiness

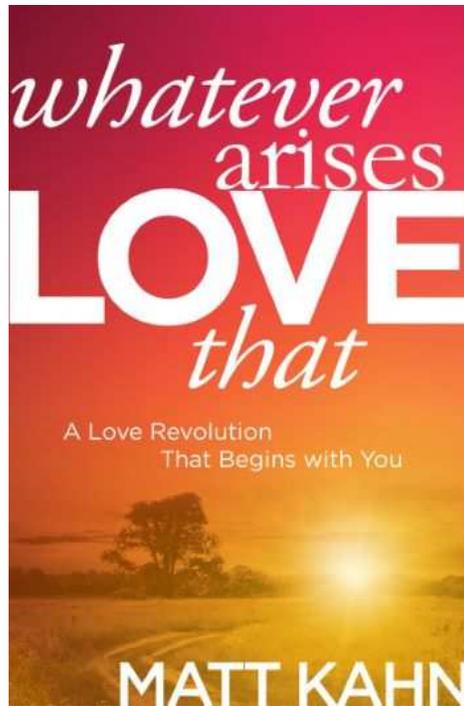
Notes

Promotion



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Sounds True
On Sale: Mar 20/20
5.25 x 8 • 208 pages
9781683644699 • \$23.50 • pb
Self-Help / Spiritual

Notes

Promotion



Whatever Arises, Love That

A Love Revolution That Begins with You

by 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.

"

An astoundingly refreshing, practical, and wonderful book. Its advice is life-changing. Seriously. Get this book and apply the wisdom here." - Christiane Northrup, MD, New York Times bestselling author of *Goddesses Never Age* and *Women's Bodies, Women's Wisdom*

"Whatever Arises, Love That offers a direct path to deep peace and a sense of connection. Drenched in clarity, empathy, and profound tenderness, Kahn's words are both a hug and a catapult into living life fully. I am so grateful for this book!" - Alanis Morissette, Grammy(Reg TM) award-winning singer-songwriter, speaker, teacher, activist

"Amazing and much (...)

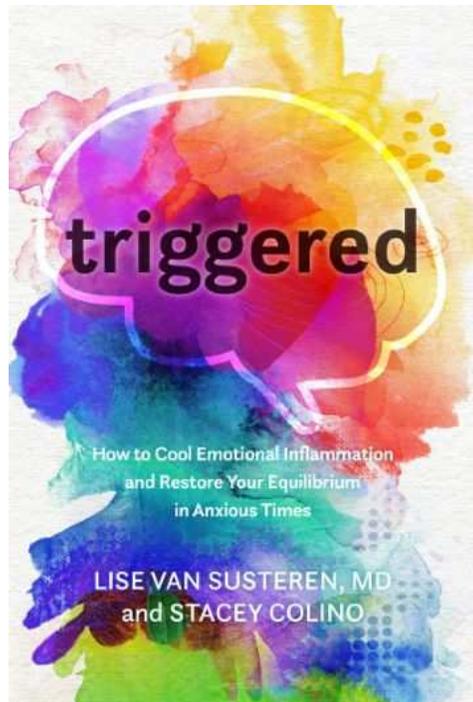
Author Bio

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.



9 781683 644699





Sounds True

On Sale: Apr 28/20

6 x 9 • 280 pages

N/A

9781683644552 • \$32.50 • CL - With dust jacket

Self-Help / Personal Growth / Success

Notes

Promotion



Emotional Inflammation

Discover Your Triggers and Reclaim Your Equilibrium During Anxious Times

by Lise Van Susteren, MD and 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.

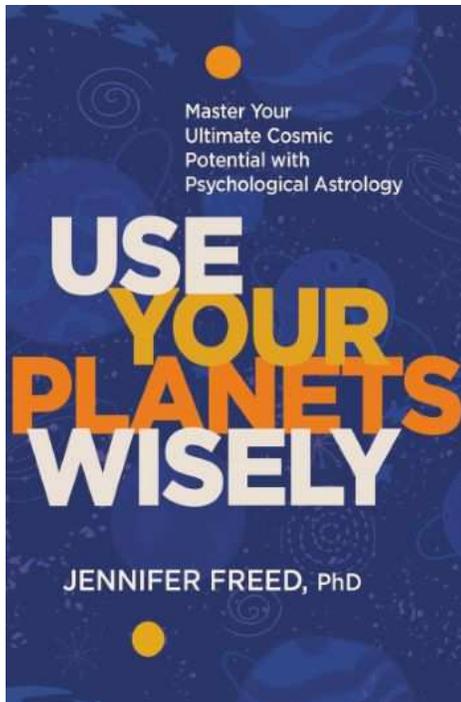
As you move from a state of emotional whiplash into greater balance and harmony, you can redirect your energy, manage your feelings, and cultivate healthier habits. Ultimately, you'll learn to become an "upstander" - a force for improving the conditions that fuel your fears. With a relatable style and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

Author Bio

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

by Jennifer Freed, Ph.D., MFT

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

Author Bio

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 or jenniferfreedastrology.com.

Sounds True

On Sale: Jan 7/20

5.25 x 8 • 296 pages

N/A

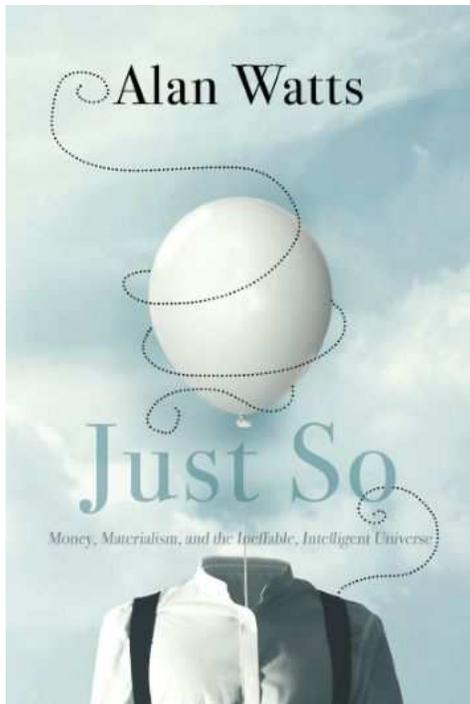
9781683644439 • \$28.99 • cl

Body, Mind & Spirit / Astrology / General

Notes

Promotion





Just So

The Book

by 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.

Author Bio

Alan Watts (1915-1973)

For spiritual seekers of many generations, Alan Watts earned a reputation as one of the most accessible - and entertaining - interpreters of Eastern philosophy in the West. Beginning at age 16, when he wrote an article for the journal of the Buddhist Lodge in London, Watts would develop an audience of millions who were enriched through his books, recordings, radio broadcasts, and public talks. In all, Alan Watts wrote more than 25 books, including such classics as *The Book: On the Taboo Against Knowing Who You Are* and *This Is It: and Other Essays on Zen and Spiritual Experience*

Sounds True

On Sale: Feb 25/20

5.25 x 8 • 240 pages

N/A

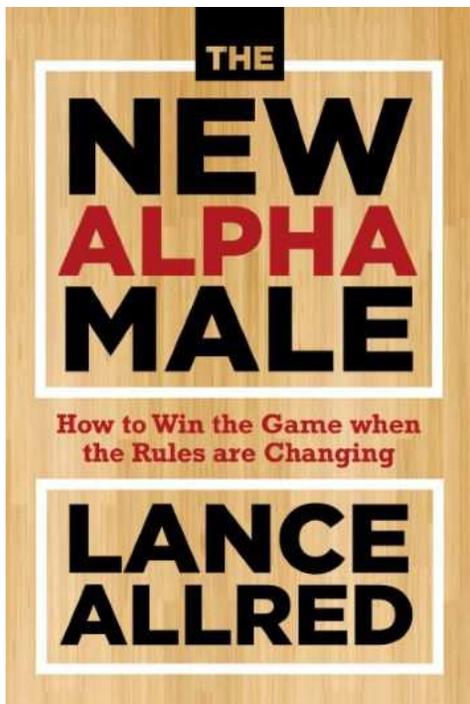
9781683642947 • \$23.50 • pb

Body, Mind & Spirit / Spiritualism

Notes

Promotion





Sounds True

On Sale: Mar 10/20

6 x 9 • 250 pages

None

9781683643760 • \$32.50 • CL - With dust jacket

Self-Help / Personal Growth / General

Notes

Promotion



The New Alpha Male

How to Win the Game When the Rules Are Changing

by Lance Allred

NBA and TEDx star Lance Allred helps men find 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.

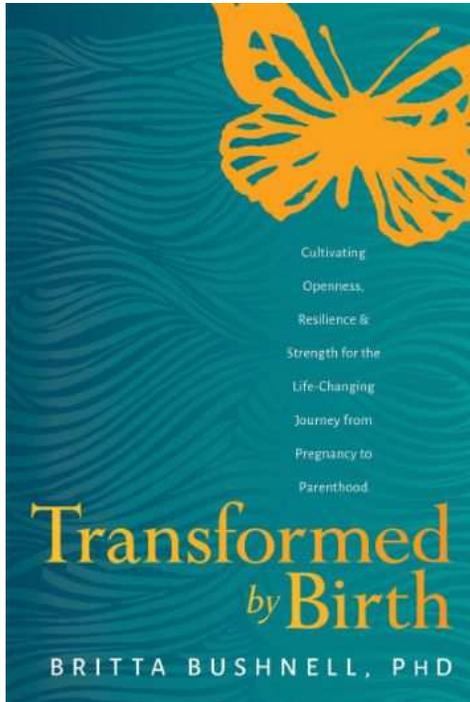
Allred's new playbook is built around the seven Principles of Perseverance - Accountability, Integrity, Compassion, Discomfort, Acceptance, Transformation, and the final "winning combination" of Forgiveness and Gratitude. *The New Alpha Male* is a bold, straight-talking guide for men of all ages who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

Edit

Author Bio

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.





Transformed by Birth

Cultivating Openness, Resilience, and Strength for the Life Changing Journey from Pregnancy to Parenthood
by Britta Bushnell, Ph.D.

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.

Author Bio

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.

Sounds True

On Sale: Jan 28/20

6 x 9 • 280 pages

20 TK from author

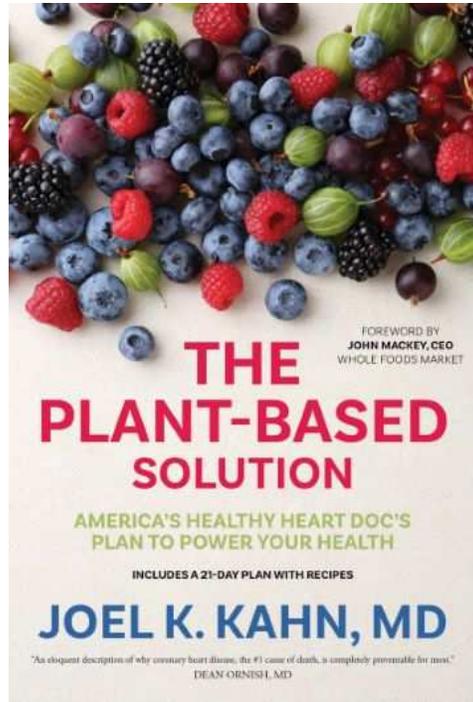
9781683644064 • \$24.99 • pb

Health & Fitness / Pregnancy & Childbirth

Notes

Promotion





Sounds True

On Sale: Jan 21/20

6 x 9 • 280 pages

9781683644651 • \$23.50 • pb

Health & Fitness / Nutrition

Notes

Promotion



The Plant-Based Solution

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

by Joel K. Kahn, MD, foreword by John Mackey

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!

The Plant-Based Solution uses real life case studies and concise explanations of science to reveal how plant-based comfort foods can bring about a vibrant, healthy life. It's compelling and well researched." - Brian Wendel, president of Forks Over Knives

"The Plant-Based Solution is a powerful Rx for health that combines the wisdom of a doctor who spent thirty years treating life-threatening clogged heart arteries with his passion for disease prevention. He eloquently describes why even though coronary heart disease is still the #1 cause of death, it's completely preventable for most people - today. And what's good for you is also good for our planet, so healing occurs at all levels." - Dean Ornish, MD, founder and president (...)

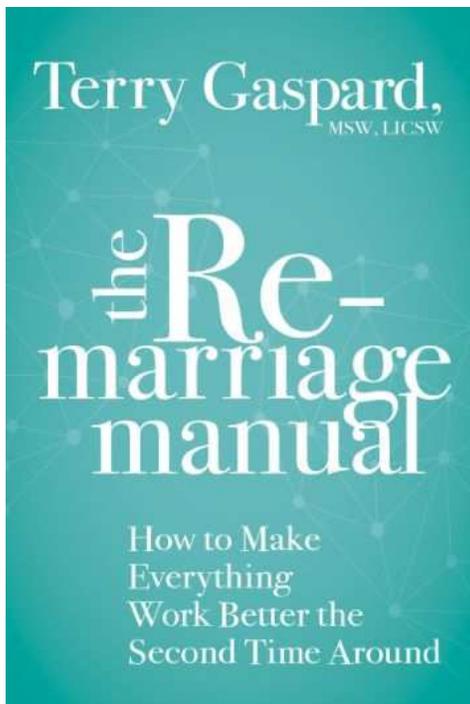
Author Bio

Joel Kahn, MD, is one of the world's leading cardiologists, a bestselling author, and a popular lecturer who inspires others to think scientifically and critically about the body's ability to heal through proper nutrition. Dr. Kahn serves as Clinical Professor of Medicine at the Wayne State University School of Medicine in Detroit and is founder of the Kahn Center for Cardiac Longevity. His first book, *The Whole Heart Solution*, was the basis of a national public TV special. Dr. Kahn lives with his wife and three children in the Detroit area, where he has recently opened the popular health food restaurant, the GreenSpace Cafe. For more, visit drjoelkahn.com. John Mackey opened his first market in 1978 with a \$45,000 investment and a dedication to providing healthier food choices to customers. He co-founded Whole Foods Market in 1980, which has appeared in Fortune magazine's 100 Best Companies to



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The Remarriage Manual

How to Make Everything Work Better the Second Time Around
by Terry Gaspard, MSW, LICSW

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.

Author Bio

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.

Sounds True

On Sale: Feb 18/20

6 x 9 • 256 pages

N/A

9781683644071 • \$23.50 • pb

Family & Relationships / Marriage

Notes

Promotion



MASTER OF YOU

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

CATE STILLMAN

Sounds True

On Sale: Mar 17/20

6 x 9 • 300 pages

9781683642619 • \$24.99 • pb

Self-Help / Personal Growth / Success

Notes

Promotion



Master of You

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

by Cate Stillman and 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.

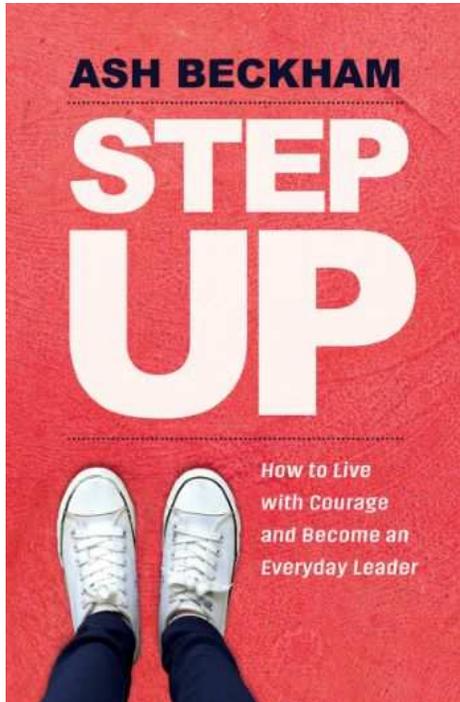
Author Bio

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. **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.



9 781683 642619





Step Up

How to Live with Courage and Become an Everyday Leader
by 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.

Author Bio

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.

Sounds True

On Sale: Mar 24/20

5.25 x 8 • 160 pages

9781683642787 • \$24.99 • CL - With dust jacket

Self-Help / Personal Growth / Self-Esteem

Notes

Promotion



9 781683 642787





Tara

The Liberating Power of the Female Buddha

by Rachael Wooten, Ph.D.

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

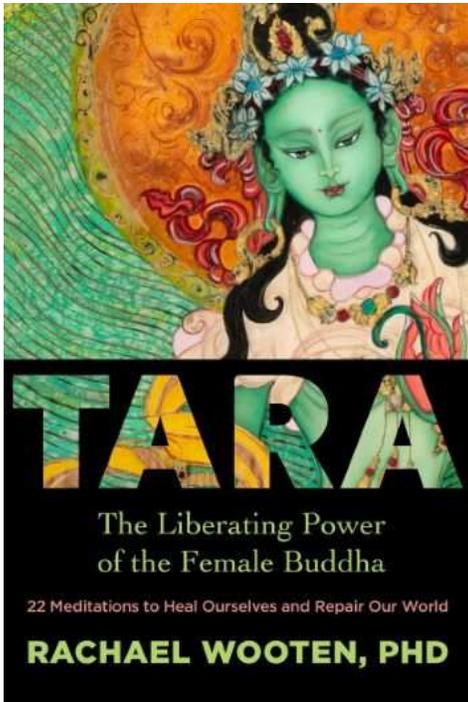
Tara connects you to the archetypal Divine Feminine," writes Dr. Rachael Wooten, "an energetic force that exists within us and all around us." While there are many scholarly books on Tara, this practical, psychological guide shows how those of any tradition can directly access her, through clear instruction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

Author Bio

Rachael Wooten, PhD, is a psychologist and a Zurich-trained Jungian analyst who has been in private practice as a therapist for more than 40 years. She has studied Buddhist, Jewish, and Christian texts extensively, and has been mentored by spiritual teachers such as her Tibetan root guru Lodro Tulku Rinpoche and Rabbi Zalman Schachter-Shalomi. She has also studied and participated in ceremonies with indigenous teachers from the Cherokee, Lakota, and Huichol traditions for over three decades. She has taught Tara practice under the authorization of Lodro Rinpoche for over 20 years. An active interfaith enthusiast, Dr. Wooten has offered Tara workshops through The Resource Center for Women and Ministry in the South, ALEPH: Alliance for Jewish Renewal, and the C. G. Jung Society of the Triangle. A member of an American Baptist church for over 35 years, she leads a monthly Tara meditation group there. She is a founding member of Yavneh, a Jewish Renewal synagogue.



Sounds True

On Sale: Apr 28/20

6 x 9 • 278 pages

Maybe 1 2c/4c insert

9781683643883 • \$23.50 • pb

Religion / Buddhism / General

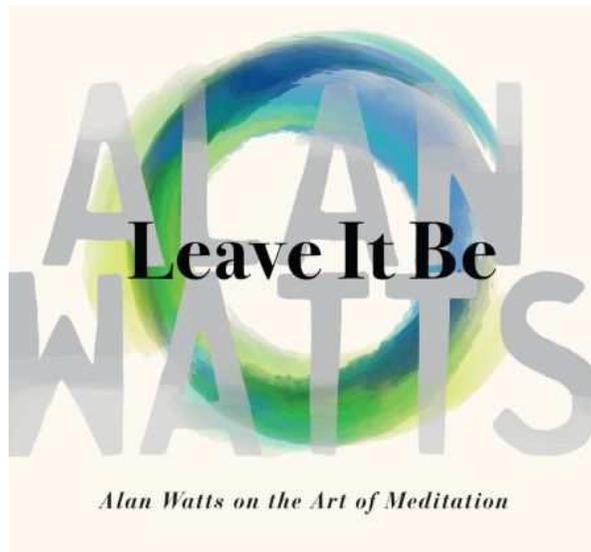
Notes

Promotion



9 781683 643883





Leave It Be

Alan Watts on the Art of Meditation

by 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.

Author Bio

Alan Watts (1915-1973)

For spiritual seekers of many generations, Alan Watts earned a reputation as one of the most accessible - and entertaining - interpreters of Eastern philosophy in the West. Beginning at age 16, when he wrote an article for the journal of the Buddhist Lodge in London, Watts would develop an audience of millions who were enriched through his books, recordings, radio broadcasts, and public talks. In all, Alan Watts wrote more than 25 books, including such classics as *The Book: On the Taboo Against Knowing Who You Are* and *This Is It: and Other Essays on Zen and Spiritual Experience*

Sounds True

On Sale: Jan 7/20

6.87 x 6.62

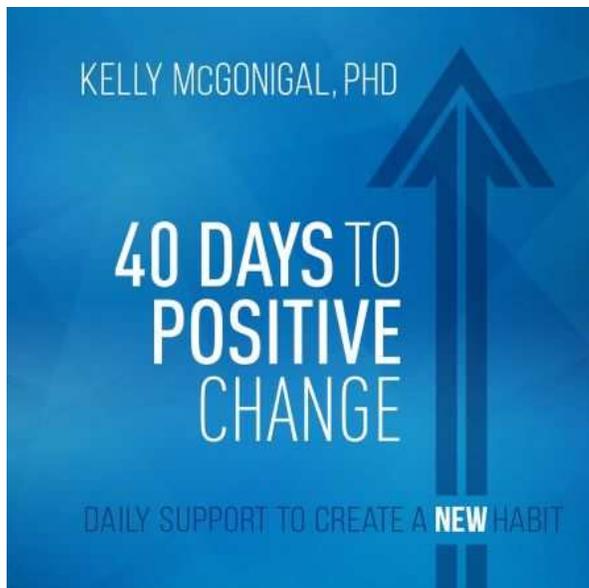
9781683642985 • \$103.99 • audio cd

Body, Mind & Spirit / Meditation

Notes

Promotion





40 Days to Positive Change

Daily Support to Create a New Habit

by Kelly McGonigal, Ph.D.

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.

Author Bio

Kelly McGonigal, PhD, is a health 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 from the traditions of Buddhism and yoga. She is the author of *The Willpower Instinct* and *Yoga for Pain Relief*

Sounds True

On Sale: Feb 4/20

6.87 x 6.62

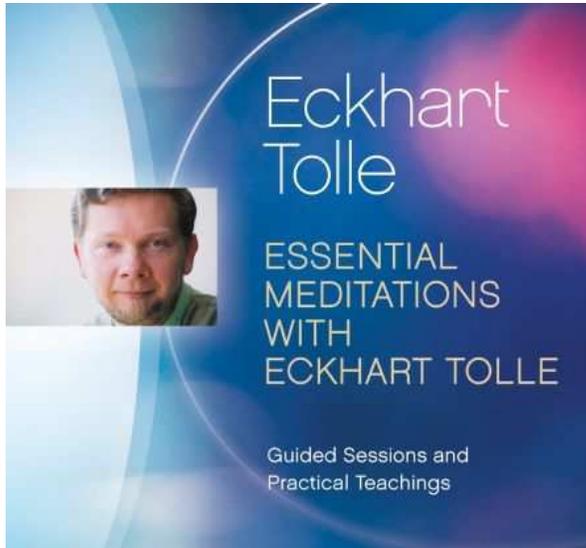
9781683642855 • \$90.99 • audio cd

Self-Help / Personal Growth / Happiness

Notes

Promotion





Essential Meditations with Eckhart Tolle

Guided Sessions and Practical Teachings

by 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.

Author Bio

Spiritual teacher and author Eckhart Tolle was born in Germany and educated at the Universities of London and Cambridge. At the age of twenty-nine, a profound inner transformation radically changed the course of his life. The next few years were devoted to understanding, integrating, and deepening that transformation, which marked the beginning of an intense inward journey. Later, he began to work in London with individuals and small groups as a counselor and spiritual teacher. Since 1995 he has lived in Vancouver, Canada.

Eckhart Tolle is the author of the #1 *New York Times* bestseller *The Power of Now* (translated into 33 languages) and the highly acclaimed follow-up *A New Earth*, which are widely regarded as two of the most influential spiritual books of our time.

Eckhart's profound yet simple teachings have already helped countless people throughout the world find inner peace and greater fulfillment in their lives. At the core of the teachings lies the transformation of consciousness, a spiritual awakening that he sees as the next step in human evolution. An essential aspect of this awakening includes transcending our ego-based state of consciousness. This is a prerequisite not only for personal happiness but also for the ending of violent conflict endemic on our planet.

Sounds True

On Sale: Feb 11/20

6.87 x 6.62

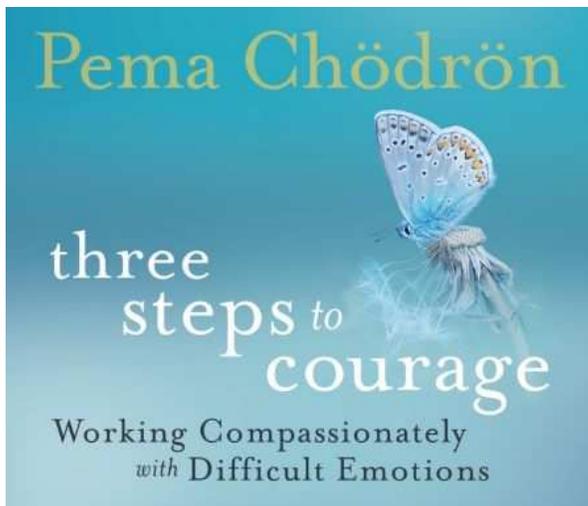
9781988649092 • \$116.99 • audio cd

Body, Mind & Spirit / Meditation

Notes

Promotion





Three Steps to Courage

Working Compassionately with Difficult Emotions

by Pema Chodron

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 Chodron 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:

- o Finding the stillness and space within our inner storms so that we can act rather than react
 - o Transforming our emotions and welcoming them as friends
 - o 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.

Author Bio

Ani Pema Chodron was born Deirdre Blomfield-Brown in 1936, in New York City. She attended Miss Porter's School in Connecticut and graduated from the University of California at Berkeley. She taught as an elementary school teacher for many years in both New Mexico and California. Pema has two children and three grandchildren.

While in her mid-thirties, Ani Pema traveled to the French Alps and encountered Lama Chime Rinpoche, with whom she studied for several years. She became a novice nun in 1974 while studying with Lama Chime in London. His Holiness the Sixteenth Karmapa came to Scotland at that time, and Ani Pema received her ordination from him.

Pema first met her root guru, Chogyam Trungpa Rinpoche, in 1972. Lama Chime encouraged her to work with Rinpoche, and it was with him that she ultimately made her most profound connection, studying with him from 1974 until his death in 1987. At the request of the Sixteenth Karmapa, she received the full bikshuni ordination in the Chinese lineage of Buddhism in 1981 in Hong Kong.

Ani Pema served as the director of Karma Dzong in Boulder, Colorado until moving in 1984 to rural Cape Breton, Nova Scotia to be the director of Gampo Abbey. Chogyam Trungpa Rinpoche gave her explicit instructions on establishing this monastery for western monks and nuns.

Ani Pema currently teaches in the United States and Canada and plans for an increased amount of time in solitary retreat under the guidance of Venerable Dzigar Kongtrul Rinpoche. She is also a student of Sakyong Mipham

Sounds True

On Sale: Mar 3/20

5.5 x 4.75

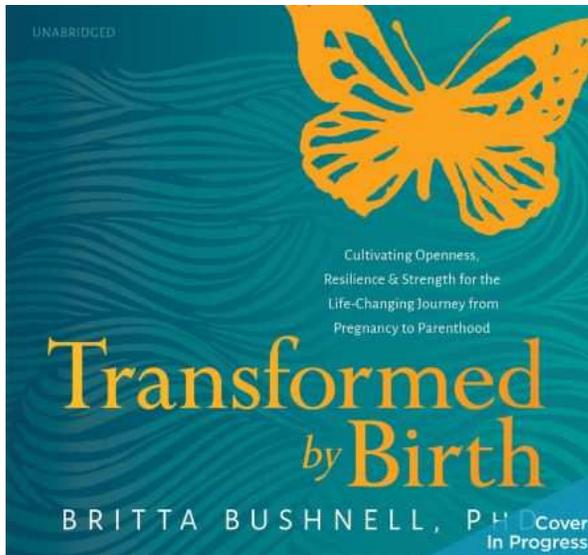
9781683644378 • \$32.50 • audio cd

Self-Help / Emotions

Notes

Promotion





Transformed by Birth

Cultivating Openness, Resilience, and Strength for the Life Changing Journey from Pregnancy to Parenthood
by Britta Bushnell, Ph.D.

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.

Author Bio

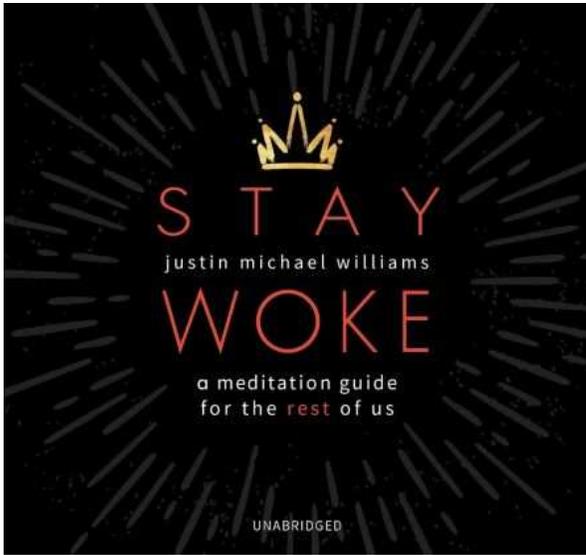
Britta Bushnell, PhD, is an award-winning childbirth educator, celebrated speaker, and specialist who has guided audiences to revolutionary new approaches to childbirth, relationship, and parenting for over 20 years. She spent more than a decade with Birthing From Within, a training organization for 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.

Sounds True
On Sale: Feb 25/20
9781683644491 • \$38.99 • audio cd
Health & Fitness / Pregnancy & Childbirth

Notes

Promotion





Stay Woke

A Meditation Guide for the Rest of Us

by 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.

Sounds True

On Sale: Mar 10/20

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

9781683643968 • \$38.99 • audio cd

Body, Mind & Spirit / Meditation

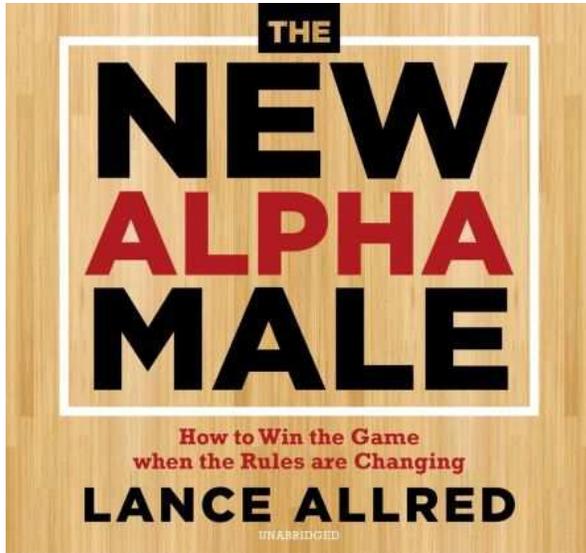
Notes

Promotion

Author Bio

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(Reg TM). 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.





The New Alpha Male

How to Win the Game When the Rules Are Changing
by 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.

Sounds True

On Sale: Apr 14/20

None

9781683643784 • \$38.99 • audio cd

Self-Help / Personal Growth / General

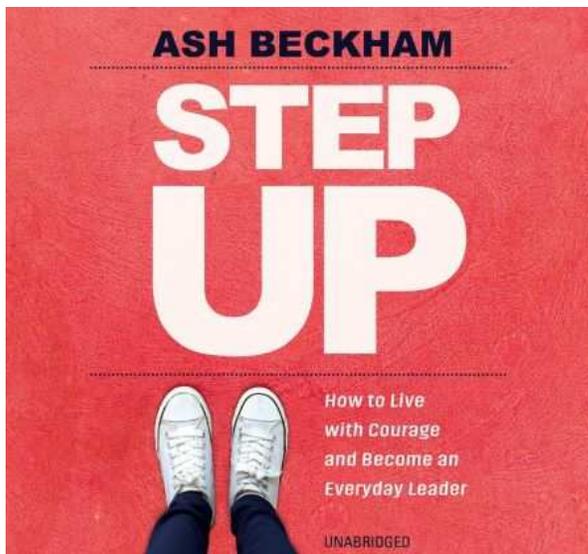
Notes

Promotion

Author Bio

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.





Step Up

How to Live with Courage and Become an Everyday Leader
by 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.

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Sounds True

On Sale: Apr 21/20

6.87 x 6.62

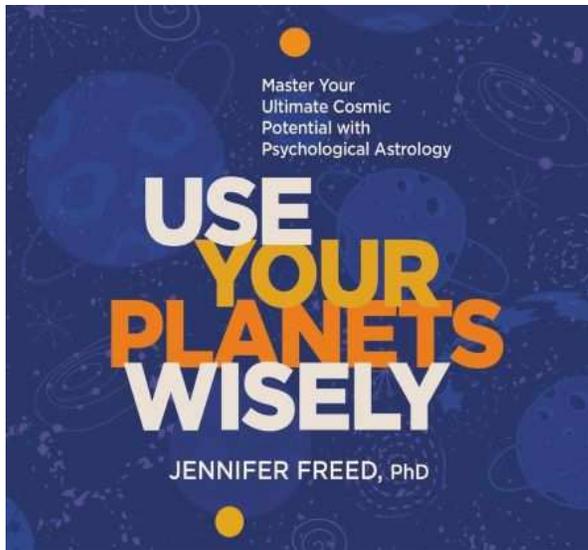
9781683643920 • \$38.99 • audio cd

Self-Help / Personal Growth / Self-Esteem

Notes

Promotion





Use Your Planets Wisely

Master Your Ultimate Cosmic Potential with Psychological Astrology

by Jennifer Freed, Ph.D., MFT

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.

Author Bio

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 or jenniferfreedastrology.com.

Sounds True

On Sale: Feb 11/20

9781683644477 • \$38.99 • audio cd

Self-Help / Personal Growth / General

Notes

Promotion



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