



For Immediate Release

Sharon Castlen 631-979-5990
Sharon@IntegratedBookMarketing.com

What Does It Mean To Live “Wakefully?”

Portland, OR – September 2019 - Life is like a river. Sometimes, it flows almost effortlessly. Then things get hard—like when we face disappointment, confusion or pain—and we find ourselves fighting the current, stuck in an eddy, tossed by rapids, or even drifting off course. But there is another possibility; one in which the rapids and eddies of life are the very way to discover deep peace and happiness. It’s called *Embodied Wakefulness*.

River To Ocean: Living in the Flow of Wakefulness published by Harbor Glow Publishing takes readers on a spiritual journey, one that can transform despair into hope and confusion into clarity toward the ultimate discover of an awakened self. It serves as a river guide on that epic journey, helping readers find their own flow as they navigate the waters of their humanity.

“*River to Ocean* invites us to enter the flow of our lives and open to the boundlessness of who we really are. Drawing inspiration and wisdom from her own journey, Katherine Jansen-Byrkit shares powerful practices that help us navigate the challenges we encounter on a path of transformation.”

Tara Brach, PhD, Author of *Radical*

Acceptance

Utilizing a holistic approach developed over many years as a psychotherapist, **Katherine Jansen-Byrkit, MPH, LPC** moves from the inner world to the outer, providing insights, tools and practices as she explores nine aspects of wakefulness. These include - Secrets to making friends with one’s self - What mindfulness really means, and how to practice it - Learning to listen to your body and cherishing it - Why embracing death and dying leads to inner peace - How to nurture conscious relationships - Tips for navigating through a troubled world. Packed with powerful ideas, practical exercises and inspiring, real-life “Stories from the Field”, ***River to Ocean*** offers to readers a bridge from the concept of wakefulness to the lived experience. Equal to its potential to transform, ***River to Ocean*** is down to earth and easy to understand.

Wakefulness has been a lifelong pursuit for Jansen-Byrkit, who survived a suicide attempt at 16 and has since dedicated her life to helping others heal. “Many of us have experienced a wake-up call,” she explains, “a life changing moment when life stood still and we snapped out of some kind of trance. Unfortunately, wake-up calls fade and patterns resume; concepts stay in the mind and fail to change our bodies, our relationships or our lives. I wrote this book to help people wake up *through* their human life, not in spite of it.”

Published by Harbor Glow Publishing, ***River to Ocean*** ISBN 9781733744904 \$16.95 is available nationally at local and online bookstores.



#

About the Author:

Katherine Jansen-Byrkit, MPH, LPC has dedicated her professional life to helping others, first as a professional in the Public Health field, and for the past 15 years as a Licensed Professional Counselor. She brings warmth and honesty to her work and brings the ideals of Public Health together with powerful elements of psychotherapy with a focus on personal growth, relationship transformation and embodied wakefulness as part of one's spiritual path. She lives and works in Portland, Oregon.

Excerpt from the Foreword by David J. Kleber, Ph. D, Clinical Psychologist

"...takes us on a spiritual journey of the soul, a deliberate deep dive into ourselves. The model of this book takes us step-by-step through the most important descriptions of what discovering and awakening to our out inner selves is all about."

River to Ocean: Living in the Flow of Wakefulness

Katherine Jansen-Byrkit, MPH, LPC

Harbor Glow Publishing

ISBN: 978-1-7337449-0-4; soft cover, \$16.95

ISBN: 978-1-7337449-1-1; ebook, \$7.99

**For review copies or to interview Katherine Jansen-Byrkit,
contact: Sharon Castlen at (631) 979-5990**