

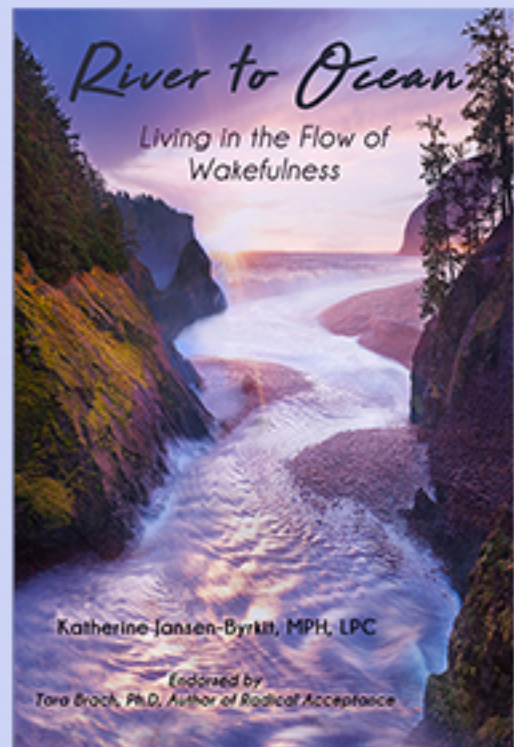
"*River to Ocean* invites us to enter the flow of our lives and open to the boundlessness of who we really are. Drawing inspiration and wisdom from her own journey, Katherine Jansen-Byrkit shares powerful practices that help us navigate the challenges we encounter on a path of transformation." ~ Tara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

What it Means to Live Wakefully

Katherine Jansen-Byrkit takes readers on a spiritual journey that transforms despair into hope and confusion into clarity toward the ultimate discovery of an awakened self. Utilizing a holistic approach developed over many years as a psychotherapist, she serves as a "river guide", helping readers navigate their inner and outer worlds wakefully. Katherine explores nine aspects of wakefulness. These include:

- Befriending Ourselves
- Freedom from the Mind
- True Mindfulness
- Cherishing the Body
- Embracing Death and Dying
- Cultivating Healthy Relationships
- Navigating Our Way

Packed with powerful ideas, practical exercises, and inspiring, real-life *Stories from the field* to illustrate how these concepts work in the real world, *River to Ocean* helps readers practice wakefulness as a lived experience, rather than a concept.



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Katherine Jansen-Byrkit, MPH, LPC is an author, speaker, educator, and Licensed Professional Counselor with over 15 years of clinical experience. She brings a holistic approach to her work with a focus on personal growth, relationship transformation, and embodied wakefulness as part of one's spiritual path.



"...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 inner selves is all about." (excerpt from Foreword)

David J. Kleber, Ph.D, Clinical Psychologist

"I greatly appreciate the depth and breadth of this work and Katherine's deep care and intention in writing it. This book will be deeply helpful to many; it was already deeply helpful to me."

Katherine Ann Pagliasotti, LAc, MA, Acupuncturist