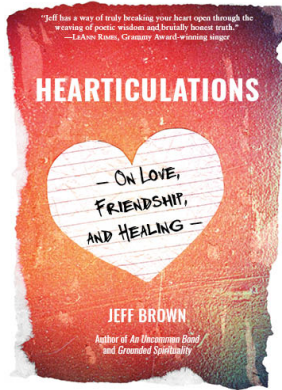




Enrealment Press
PO Box 64
Acton ON L7J 2M2
enrealment.com

For immediate release
Contact: Tarini Bresgi, Publicity Coordinator
info@enrealment.com



Hearticulations By Jeff Brown

In this fourth book of his well-loved quotes, Jeff Brown delivers his most compelling message yet: the power of love, friendship, and healing. In his notoriously candid style, Jeff dazzles us with poignant, intimate, and insightful heartspeak. His wisdom and word wizardry encompass all forms of relationship: romantic partnerships, soul-friendships, family bonds, and our connection to the greater world. He also addresses the often gritty yet essential work of healing our wounds. We struggle in relationship, and we also heal in relationship. At a time when our world is fractured by polarized views, *Hearticulations* reminds us of the golden threads that bind us together: our shared vulnerable humanity, and the fact that there is more that connects us than divides us. This will be a book to carry around with you, or pass on to a dear friend. Like a pocket-sized oracle, turn to a random page and be uplifted by this lexicon of love.

About the Author:

Jeff Brown is a breakthrough voice in the self-help/ spirituality field, and the author of six popular books: *Soulshaping: A Journey of Self-Creation*, *Ascending with Both Feet on the Ground*, *Love It Forward*, *An Uncommon Bond*, *Spiritual Graffiti*, and *Grounded Spirituality*.

In his previous life, Jeff was a criminal lawyer and psychotherapist. Since pursuing his path as a writer, he has launched many initiatives, including founding Enrealment Press, and an online school, Soulshaping Institute. He is the producer and key journeyer of the award-winning spiritual documentary, *Karmageddon*, which also stars Ram Dass, Seane Corn, Deva Premal and Miten. He has written a series of inspirations for ABC's *Good Morning America* and appeared on over 300 radio shows. He also authored the viral blog 'Apologies to the Divine Feminine (from a warrior in transition).' A popular presence in social media, Jeff's new terms and well-loved quotes became a phenomenon some years ago, and continue to be shared by millions of seekers and growers worldwide. His quotes have been shared in social media by Brain Games host Jason Silva, actress Chrissy Metz, songstresses Fergie, Alanis Morissette and LeAnn Rimes, and many others. Most beautifully, they have touched and benefitted millions of souls. In the spring of 2018, Jeff was invited to Ottawa by Sophie Gregoire Trudeau—Gender Equality Activist—and the wife of Canadian Prime Minister Justin Trudeau. A dear friend had passed his books to Sophie some years prior, and she began sharing quotes from Jeff's work in social media. They began to exchange ideas about many mutually resonant themes. After sharing some of his writings in speeches and dialogues, she invited him to the nation's capital to film a conversation with her about emotional healing and gender equality. Here is a link to excerpts from that conversation:

<https://www.facebook.com/SophieGregoireTrudeau/videos/2039199436332994/>

Jeff now understands that each step on his path laid down the foundation of a new model: Grounded Spirituality. The challenges he faced, and the countless steps of overcoming were intended for this purpose: to support humanity in their efforts to embody all that they are. Not to

Hearticulations is distributed by New Leaf Distribution Services
Autumn 2020, 978-1988648057, \$19.95 US /\$24.95 CAN, Trade Paper, 192 pages, 5" x 7"
SELF-HELP/SPIRITUALITY



Enrealment Press

PO Box 64
Acton ON L7J 2M2
enrealment.com

For immediate release

Contact: Tarini Bresgi, Publicity Coordinator
info@enrealment.com

bypass their humanness, but to celebrate it. Not to find enlightenment independent of the self, but to find enrealment deep within it. Here we are, just as we are.

Jeff currently lives in Canada with his wife, poet Susan Frybort. He is presently breaking new ground as an Enrealment Activist, with lots of exciting plans in the works including: a facilitators' training course for Grounded Spirituality; a soon-to-be-launched podcast and video interface; a plethora of new courses at Soulshaping Institute; co-creating benevolent movements; traveling the world teaching and connecting with his supporters.... and whatever other unexpected surprises await this wildly rich path of Sacred Purpose. You can connect with his offerings at jeffbrown.co, soulshapinginstitute.com, karmageddonthemovie.com, and enrealment.com.

Recent Praise:

“Jeff has a way of truly breaking your heart open through the weaving of poetic wisdom and brutally honest truth. He has taken my breath away many a time with the depths in which his writing asks me to explore within my own being.”

—**LeAnn Rimes**, actress, author, songwriter, Grammy Award-winning singer

“Hearticulations beats with organic wisdom, raw truth, and soulful love. Jeff skillfully reminds us not to bypass our messy, miraculous human experience and encourages us to dive deep into our body and our wounds so we can mine and share authentic gold. His poetic, hardearned, no BS insights provide a much-needed weight within the modern spiritual arena and his heart provides a much-needed embrace.”

—**Sera Beak**, author of *The Red Book*, *Red Hot and Holy: A Heretic's Love Story*, and *Redvelations: A Soul's Journey to Becoming Human*

“In Hearticulations, Jeff Brown guides the reader on a heartfelt path of living and loving consciously. This transformation begins and ends with embracing who we are and grounding in our divine purpose for being here. These quotes and stories will support the reader to create the bridges our world needs now, to navigate the arising complexities and to love even greater in the midst of fear and uncertainty. This offering is a true gift.”

—**Carley Hauck**, author of *Shine: Ignite your inner game to lead consciously at work and in the world*, Leadership Development Consultant, and Speaker

“Hearticulations is Jeff Brown's beautiful gift to a collective crying out for kindness and compassion. A deeply moving ensemble of words celebrating the healing and eternal power of love, reminding us once again that what matters most is love.”

—**Paul Samuel Dolman**, author of *Hitchhiking with Larry David*, host of the *What Matters Most* podcast

“Your heart is whispering to you. Are you listening? Have you deciphered its murmurs and hushed tones? Jeff Brown's new book Hearticulations not only infuses us with inspiration but also guides the way for each of us to listen to and live from the heart.”

—**Jason Digges**, author of *Conflict = Energy*

Hearticulations is distributed by New Leaf Distribution Services
Autumn 2020, 978-1988648057, \$19.95 US /\$24.95 CAN, Trade Paper, 192 pages, 5" x 7"
SELF-HELP/SPIRITUALITY



Enrealment Press

PO Box 64
Acton ON L7J 2M2
enrealment.com

For immediate release

Contact: Tarini Bresgi, Publicity Coordinator
info@enrealment.com

“Jeff Brown does it again, illuminating the illusions and realities of the path of awakening. Like a skilled martial artist, he probes, jabs and makes combination blows to the distortions and elevated fluffiness of spirituality. Each quote is a volume of wisdom ready to shake complacency and escapism into real useful awareness. If you want to save years of endless inner meanderings and spiritual distractions and go straight for the potent gems of Truth for real...then devour each sentence slowly and apply liberally.”

—**Satyen Raja**, founder of *WarriorSage Trainings*

“Reading *Hearticulations* felt like I was sitting in front of a wise mentor who had turned his courageous adventures of spirit and heart into an illuminating guide helping others walk home towards themselves. There is a unique depth in Jeff’s writing that speaks to the soulful and spiritual within us, while also acknowledging and touching the tender human within us too. *Hearticulations* is filled with incredibly deep and grounded knowledge and heart-full wisdom. It unpacks a variety of universal themes that often get spiritually bypassed or become misrepresented in mainstream pop psychology, such as boundaries, and anger, and masculinity. It is filled with wonderful teaching stories that empower, validate, and give us permission to embrace the tenderness of our human heart. What an absolute gem!”

—**Silvy Khoucasian**, relationship coach and creatress Other Books