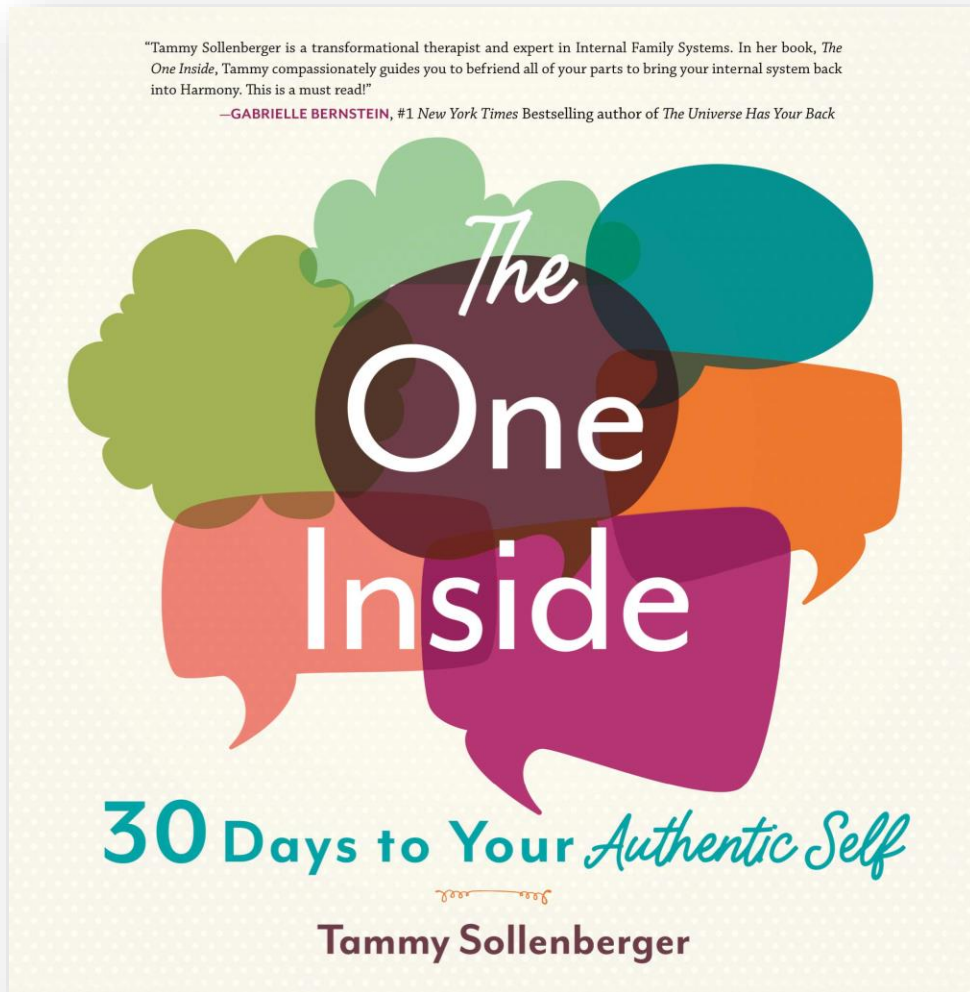


Media Kit

The One Inside: 30 Days to Your Authentic Self

By Tammy Sollenberger, M.A.



“Access your own inner wisdom—and your most authentic self.”

Book Summary

The One Inside is a self-guided way to strengthen the connection between your Self and the competing parts inside of you, the parts of you who battle and cause tension, uncertainty, and anxiety. With just one word a day for 30 days, you'll walk through a self-reflective process that guides you back to your true center. Using a succinct, easy-to-approach style, **Tammy Sollenberger's** *The One Inside* guides you through the clinically proven Internal Family Systems method of achieving internal harmony. Whether you'd like to become more emotionally aware, feel overwhelmed by seemingly conflicted parts of the self, or often feel stressed by indecision, *The One Inside* can help you access your own inner wisdom—and your most authentic self.

Book Details

Title: The One Inside: 30 Days to Your Authentic Self

Author: Tammy Sollenberger, M.A.

Release Date: January 2022

\$16.95 trade paperback 8.5x8x5"

Paper ISBN: 978-0-9676887-5-6

Ebook epub ISBN: 978-0-9676887-6-3

Paperback price: \$16.95

Ebook price: \$7.99

Publisher: Pure Carbon Publishing

Retail and Distribution: Barnes & Noble, Amazon, Ingram, Baker & Taylor, and retail outlets worldwide

Short Description:

The One Inside is a self-guided way to strengthen the connection between your Self and the competing parts inside of you, the parts of you who battle and cause tension, uncertainty, and anxiety. With just one word a day for 30 days, you'll walk through a self-reflective process that guides you back to your true center.

Long Description:

The One Inside is a self-guided way to strengthen the connection between your Self and the competing parts inside of you, the parts of you who battle and cause tension, uncertainty, and anxiety. With just one word a day for 30 days, you'll walk through a self-reflective process that guides you back to your true center.

Using a succinct, easy-to-approach style, **Tammy Sollenberger's** *The One Inside* guides you through the clinically proven Internal Family Systems method of achieving internal harmony. Whether you'd like to become more emotionally aware, feel overwhelmed by seemingly conflicted parts of the self, or often feel stressed by indecision, *The One Inside* can help access your own inner wisdom--and your most authentic self.

Endorsements

"Tammy Sollenberger is a transformational therapist and expert in Internal Family Systems. In her book, *The One Inside*, Tammy compassionately guides you to befriend all of your parts to bring your internal system back into Harmony. This is a must read!"

— **Gabrielle Bernstein, #1 New York Times Bestselling author of *The Universe Has Your Back***

"Are you interested in not only getting to know yourself better but also changing the way you relate inside? Most of us learned to harshly discipline ourselves and despise our seemingly destructive impulses. Most of us have little awareness of who lives within us or how worthy they are of our attention and love.

With its daily meditations, this sweet little book guides you through the dark and buzzing maze that is your mind; bringing more light, compassion, and clarity to your internal family."

— **Richard C. Schwartz, Founder of Internal Family Systems**

"In her engaging and transparent style, Tammy provides an accessible daily practice of parts-connection for the reader. This is a wonderful guide to our inner world! If you want to gain awareness and compassion for your inner parts, this book is for you!"

— **Jenna Riemersma, #1 bestselling author of *Altogether You: Experiencing Personal and Spiritual Transformation with Internal Family Systems Therapy*, Founder and Clinical Director of the Atlanta Center for Relational Healing**

"Tammy Sollenberger has written a charming and helpful overview of how to start applying the principles of the Internal family Systems (IFS) model into your daily life. It's funny, vulnerable, and smart. You'll be inspired to engage your own inner world in new and exciting ways using this powerful resource."

— **Alison Cook, PhD, psychologist, and co-author *Boundaries for Your Soul: How to Turn Your Overwhelming Thoughts and Feelings into Your Greatest Allies***

Author



Author Bio:

Tammy Sollenberger is a licensed clinical mental health counselor with a busy private practice in New Hampshire. She believes we all can experience a more harmonious and connected existence no matter what our past or present experiences when we bring curiosity to all those noisy voices inside. She is a certified Internal Family Systems therapist and produces and hosts a podcast called "The One Inside." Available on Apple, Spotify, Stitcher and Google Music.

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Sample Press Release

**PRESS RELEASE
FOR IMMEDIATE RELEASE**

Sollenberger Releases Self-Guided Book to Find Authentic Self

Date—City, State— Author Tammy Sollenberger will (SPEAK< SIGN COPIES) of her newly released book “The One Inside: 30 Days to Your Authentic Self” (Pure Carbon Press, 2021) on (DAY, DATE, TIME) at (PLACE). Sollenberger is a licensed clinical mental health counselor, certified Internal Family Systems therapist and produces and hosts the podcast "The One Inside."

With focus on one word per day for 30 days, “The One Inside: 30 Days to Your Authentic Self” walks the reader through a self-reflective process to reach their true center. This self-guided book strengthens the connection between your Self and the competing parts inside causing tension, uncertainty, and anxiety.

The book’s succinct, easy-to-approach style guides the reader through the clinically proven Internal Family Systems (IFS) method of achieving internal harmony. The Internal Family Systems is an evidence-based model of psychotherapy and a movement with focus on the belief that inner parts contain valuable qualities and a person’s core Self knows how to heal, allowing them to become integrated and whole.

“Most of us learned to harshly discipline ourselves and despise our seemingly destructive impulses. Most of us have little awareness of who lives within us or how worthy they are of our attention and love.” said Richard C. Schwartz, founder of Internal Family Systems, “With its daily meditations, this sweet little book guides you through the dark and buzzing maze that is your mind; bringing more light, compassion, and clarity to your internal family.”

Whether you'd like to become more emotionally aware, feel overwhelmed by seemingly conflicted parts of the self, or often feel stressed by indecision, “The One Inside” offers help to access your own inner wisdom--and your most authentic self.

“I believe that we all can experience a more harmonious and connected existence to matter what our past or present experiences have brought us by bringing curiosity to all the noisy voices inside,” said Sollenberger.

Sollenberger’s book is available at Barnes & Noble, Amazon, Ingram, Baker & Taylor, and retail outlets worldwide. Her weekly podcast can be streamed through Apple, Spotify, Stitcher, Google music. Find further information at TammySollenberger.com

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