



Soul Shift: The Weary Human's Guide to Getting Unstuck and Reclaiming Your Path to Joy

Rachel Macy Stafford

New York Times bestselling author of *Hands Free Mama*, *Only Love Today*, and *Live Love Now*.

Shefali Tsabary, Ph.D.

Clinical psychologist and *New York Times* bestselling author of *The Conscious Parent* and *The Parenting Map*.

Thursday, April 27, 2023, 7:00 PM (on Zoom)

Register: www.bit.ly/StaffordFANWebinar

PLUS: After-Hours Event!

Purchase a copy of *Soul Shift* from FAN's partner bookseller The Book Stall to receive a link to an interactive "After-Hours" event hosted by Stafford.

Presented by **Family Action Network (FAN)**, in partnership with

Baker Demonstration School, Beacon Academy, Bernard Zell Anshe Emet Day School, Catherine Cook School, Chicago Jewish Day School, Compass Health Center, Evanston Township High School D202, Family Service Center, Foundation 65, Glencoe D35, Gorton Center, Haven Youth and Family Services, Hyde Park Day School, Kenilworth D38, Lake Forest Academy, Lake Forest Community High School D115, Lake Forest Country Day School, Lake Michigan Association of Independent Schools, Leo Catholic High School, Mindful Psychology Associates, Morgan Park Academy, New Trier High School D203, New Trier Parents' Association, North Shore Country Day, Northwestern University School of Education and Social Policy, Pope John XXIII School, Rebel Human, Regina Dominican High School, Rogers Park Montessori School, Roycemore School, Sacred Heart Schools, Science & Arts Academy, Stevenson High School D125, The Academy at St. Joan of Arc, The Alliance for Early Childhood, The Avery Coonley School, The Cove School, The Family Institute at Northwestern University, The Frances Xavier Warde School, University of Chicago Crown Family School of Social Work, Policy, and Practice, University of Chicago Laboratory Schools Parents' Association, and Winnetka-Northfield Public Library District.

This event is #freeandopentothepublic and will be recorded. Suitable for youth 12+. familyactionnetwork.net

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FOR IMMEDIATE RELEASE: RACHEL MACY STAFFORD – ON ZOOM

CONTACT: Lonnie Stonitsch, Executive Director of FAN, lonnie@familyactionnetwork.net

Thursday, April 27, 2023, 7:00 PM, Soul Shift: The Weary Human's Guide to Getting Unstuck and Reclaiming Your Path to Joy, a FAN webinar featuring Rachel Macy Stafford, in conversation with Shefali Tsabary, Ph.D.

REGISTER: www.bit.ly/StaffordFANWebinar.

BONUS AFTER-HOURS EVENT: Attendees who purchase a copy of *Soul Shift* from FAN's partner bookseller The Book Stall are invited to attend an AFTER-HOURS event hosted by Stafford that will start immediately after the webinar. Details on the webinar registration page.

Living in a time of isolation, instability, and information overload comes at a great cost to our happiness and well-being. As we struggle to keep up with endless demands on our time, energy, and attention, we neglect the very things that make us feel most alive. We fail to grasp what really matters to us.

In *Soul Shift: The Weary Human's Guide to Getting Unstuck and Reclaiming Your Path to Joy*, *New York Times* bestselling author and celebrated motivational speaker **Rachel Macy Stafford** guides us on a journey to remember and reconnect with what truly delights and fulfills our hearts. Throughout this shame-free, hope-filled guide, you'll follow the guidance of your soul through eight key areas of discovery—self-worth, forgiveness, authenticity, and more. As you gain valuable awareness, you'll be able to shift how you respond to life's challenges, replacing depleting habits with growing presence and healing joy.

Stafford is the author of several bestselling books, including *Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters!*; *Only Love Today: Reminders to Breathe More, Stress Less, and Choose Love*; and *Live Love Now: Relieve the Pressure and Find Real Connection with Our Kids*. She is a certified special education teacher whose personal strategies are universal invitations to embrace life with urgency and cultivate connection despite the distractions of our culture. Her blog is a source of inspiration to millions.

Stafford will be in conversation with **Shefali Tsabary, Ph.D. (FAN '16)**, a clinical psychologist expert in family dynamics and personal development and a three-time *New York Times* bestselling author. Her latest book is *The Parenting Map: Step-by-Step Solutions to Consciously Create the Ultimate Parent-Child Relationship*.

This event suitable for youth 12+. It will be recorded and available on FAN's website and YouTube channel.

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