

Wise Little One

PRESS RELEASE

Jana Wilson's breakout prescriptive memoir *Wise Little One: Learning to Love and Listen to My Inner Child* will be released in July 2023.

"This deeply moving book is a courageous exposure of Jana's deepest childhood wounding. It ripens and brims with compelling prose and authenticity, as we follow her success in integrating and healing her inner child in this empowering, confessional prescriptive memoir." -The US Review of Books

A victim of childhood abuse and trauma, Jana Wilson could have wound up another statistic. Yet, at the age of twelve, she had a mystical experience that catapulted her on a life-long journey of learning to listen and love herself. In her breakout prescriptive memoir, *Wise Little One*, we follow Jana as she develops a connection to her inner child. Through this connection, Jana cultivates an unshakable faith in Self and Spirit, taking full responsibility for her soul's journey.

Eventually training and working with prominent thought leaders Dr Deepak Chopra, Dr Brian Weiss and Debbie Ford, Jana created The Emotional Healing System and has helped thousands heal from the pain of their past.

A riveting tale of triumph over tragedy, *Wise Little One* is interlaced with the knowledge Jana learned on her path of discovery. Ultimately, she honors and listens to her Wise Little One and, at long last, is guided to her beloved in the most auspicious way. In the end, readers discover that we are all here in Earth school to learn how to heal from our pasts, extract lessons from our traumas, and to value and fall in love with ourselves.

Wise Little One: Learning to Love and Listen to My Inner Child will be released in July 2023. It is currently available for pre-sale.

To request a review copy or an interview with Jana Wilson, please contact Kelsey Butts at Book Publicity Services. To learn more, go to: <https://www.janawilson.com>

