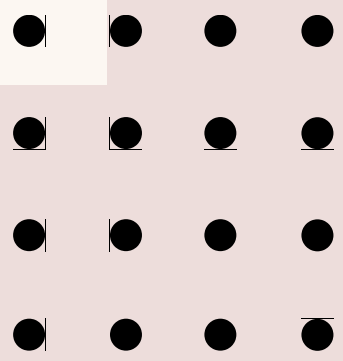




MEET THE AUTHOR

Jana Wilson

WWW.JANAWILSON.COM



Biography

About the Author

JANA WILSON



— HYPNOTHERAPIST, SHADOW WORK, MEDITATION TEACHER —

Jana Wilson is an emotional healing educator, meditation teacher, retreat leader, public speaker, hypnotherapist, and founder of the Emotional Healing System. For the past two decades she has taught thousands internationally in group and private retreats. Jana trained and worked with best selling author and physician, Deepak Chopra MD.

She lives off grid in the foothills of the Sangre de Cristo mountain range in Santa Fe, NM, with her husband and business partner, Dr. Lance Wilson. When she is not guiding clients to heal, she enjoys hiking, yoga and watching documentaries. You can connect with Jana on Facebook and Instagram, or visit her online at www.janawilson.com

"Use memory, don't allow memory to use you." ~ Deepak Chopra

***Wise Little One* by Jana Wilson will be released
in July 2023, published by EHS Publishing.**

About the Book

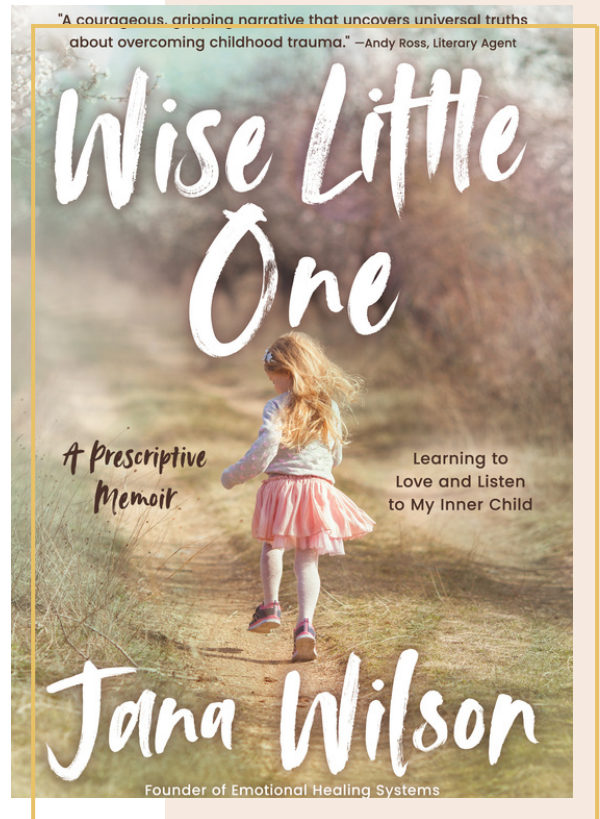
WISE LITTLE ONE

SYNOPSIS

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.



BOOK TITLE: Wise Little One

AUTHOR: Jana Wilson

GENRE: Memoir

PUBLISHER: EHS Publishing

ISBN: 979-8987549711

FORMAT: eBook / Paperback

WHERE TO BUY: [Amazon](https://www.amazon.com/Wise-Little-One-ebook/dp/B084888888)



Q&A

INTERVIEW QUESTIONS

Many people have had significant childhood trauma like yours but haven't been able to heal it. What do you think was different about your experiences that allowed you to fully heal?

Writing any book is an inspiring achievement. Writing one like this and sharing the details of your traumatic childhood is also incredibly courageous. I'd love for you to share about your experiences in bringing your story to life in *Wise Little One*.

You've learned from some amazing teachers in your life including Deepak Chopra, Eckhart Tolle, Joe Dispenza, Brian Weiss and Debbie Ford. What are some of the most important things you have learned from them?

What are the core concepts of the emotional healing system that you teach?

Tell me about the benefits of meditation physically? What about emotionally? And finally, why do you consider meditation a foundational spiritual practice?

Tell me about how a core false belief is formed and how it becomes a part of the operating system of our psyche?

I'd like to know a little bit more about reparenting and how you teach clients to use the tool to process emotions.

Let's talk about shadow work. Will you please explain to me how the qualities we are judging in another person are really a reflection of ourselves?

A big theme in the book is using your imagination to manifest the life of your dreams. Tell me about the process you teach that could help our listeners could use to manifest their dreams?

If there was one thing you would recommend to our listeners to start today or tomorrow to heal, what would it be?

How can our listeners find out more about your teachings and events?