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SHANNON KAISER

WORLD-RENOWNED SPIRITUAL TEACHER | EMPOWERMENT COACH |
5x BESTSELLING AUTHOR

www.playwiththeworld.com



About Shannon Kaiser

Shannon Kaiser is a world-renowned spiritual and self-love teacher, speaker, and empowerment coach. A bestselling author of five books on the psychology of happiness and fulfillment, she guides people to awaken and align to their true selves so they can live to their highest potential. Out on April 5, 2022, Shannon's newest book, RETURN TO YOU: 11 SPIRITUAL LESSONS FOR UNSHAKABLE INNER PEACE, is a complete guide to Shannon's most effective strategies for tapping your innate wisdom and stepping into your true power. Named among the "Top 100 Women to Watch in Wellness" by mindbodygreen and "your go-to happiness booster" by Health magazine, Shannon lives in Portland, Oregon, with her rescue dog, Chance.

Why Shannon Kaiser?

- Shannon is the bestselling author of five books on the psychology of happiness and fulfillment, including the #1 international bestseller *The Self-Love Experiment*.
- As an international life coach, speaker and retreat leader, she empowers people to awaken and align with their true self to live the life they were made for.
- Shannon is dedicated to helping others live their highest potential as a woman of purpose and passion. Whether she's lighting up a stage while delivering an inspirational message to a crowd or coaching clients one-on-one, her energy and warmth come alive as she helps her clients gain clarity, confidence, and self-love to live a life of purpose.
- As someone who was diagnosed with clinical depression and anxiety for years, Shannon Kaiser knows how low the lows can be. Yet, through her spiritual journey, she healed herself by awakening her faith and intuition—and has since helped many do the same.
- As a global speaker and empowerment coach, an international bestselling author, and a business and writing mentor, Shannon has helped hundreds of thousands of people around the globe with her life-coaching principles grounded in positive psychology and the law of attraction.
- With a global audience well over 325,000, Shannon's signature approach to happiness is an adventurous twist on self-help.

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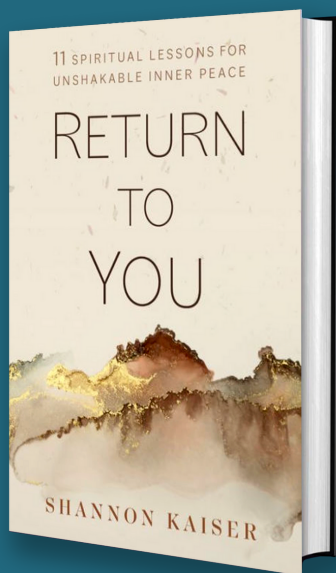


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About RETURN TO YOU

Imagine having an inner faith and trust so magnificent that you are fully aligned with your true self and confident with every choice—no more worry, self-doubt, judgment, fear, or insecurities. An admirable goal, but is it even possible? Shannon Kaiser, acclaimed life coach and visionary, shares her 11 spiritual lessons for finding unshakable inner peace in RETURN TO YOU (releasing April 5, 2022). This book is a complete guide to her most effective strategies for tapping into your innate wisdom and stepping into your true power. Here you'll find the exact lessons she used to remain grounded during one of the most disruptive times we've faced as a society. You are here to enjoy your life, not worry yourself through it. No matter what you are going through, peace can be your priority. Whether you're longing for a more fulfilling career, stronger relationships, a healthier body, or more abundance, it can and will happen—simply by opening the way with these powerful keys for letting go of fear and frustration and connecting to limitless freedom and love.

Why RETURN TO YOU?

- Around the globe, people are reeling from the lasting effects of a global pandemic. Anxiety, depression, weight gain, feelings of loss, loneliness, and isolation—the full impact of the mental health crisis caused by the pandemic hasn't yet been discovered. Shannon also faced some of these things and used the 11 lessons she shares in RETURN TO YOU to forge ahead in peace.
- Shannon knows first-hand the effects of stress. After a trip to the emergency room, where doctors thought she was having a stroke, tests showed that she was experiencing complex migraines caused by stress. The steps she took to radically reclaim her life by reducing her anxiety, improving her mental health, and losing over 20 pounds are among the wealth of practical, actionable advice she shares in RETURN TO YOU.
- RETURN TO YOU includes everything readers need to take action and make an immediate difference in their lives. In addition to the lessons shared in the text, Shannon shares journal prompts that guides individuals to reclaim their personal power and journey inward. The book includes powerful mantras to help retrain the brain to focus on feeling good, prayers to help readers realign with the Divine Source Energy, and guided meditations to alchemize fear, release relationships, promote peace, and heal the body.
- By using the lessons laid out in this book, you will come back into alignment with who you really are. From this place of wholeness, everything that does not serve you—whether it is added bodyweight, self-sabotaging patterns, and addictions or toxic relationships, drama-filled days, and anxious tendencies—will naturally give way to peace and love.

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Suggested Interview Topics

- Is your stress making you a hot mess? Tips to feel better fast
- Reclaim peace with the power of NO
- Tips for body and brain balance
- Turn survive into thrive with the power of boundaries
- The “no” diet—how boundaries can reclaim your power
- Overcoming anxiety in an anxious world
- 3 actionable ways to instill peace in your chaotic schedule
- 4 ridiculously easy ways to break the habit of excessive thinking
- How to thrive as a sensitive person in a harsh world
- The mindset shift that ended my 20-year struggle with anxiety
- Doomsday scrolling? Try these mantras for instant inner peace



Suggested Interview Questions

- You are a five-time bestselling author and world-renowned spiritual coach. How did you get started as a self-love coach and teacher?
- In your newest book, *Return to You*, you share 11 spiritual lessons that helped you remain grounded during one of our most disruptive times—the pandemic. Tell us about how the pandemic affected you and your spirit.
- In addition to the lessons you share in the book, what are some other tools you have available to readers?
- As a coach and a teacher, your purpose is to help others live their highest potential. How do you do that?
- Tell us about your diagnosis with clinical depression and anxiety and how the lessons you teach have helped you overcome some of the struggles associated with both.
- Can you share some actionable ways that people can instill peace in the daily chaos of their lives?
- Talk to us about the power of ‘NO’ and why we need a “no” diet.
- Throughout your book, you share mantras, prayers, and meditations. Can you share one with us?
- One of the 11 lessons you share is “in order to receive, you must release.” What does that mean?
- What encouragement do you have for those who are struggling with anxiety?
- On a practical level, what does it look like to have unshakable inner peace?



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