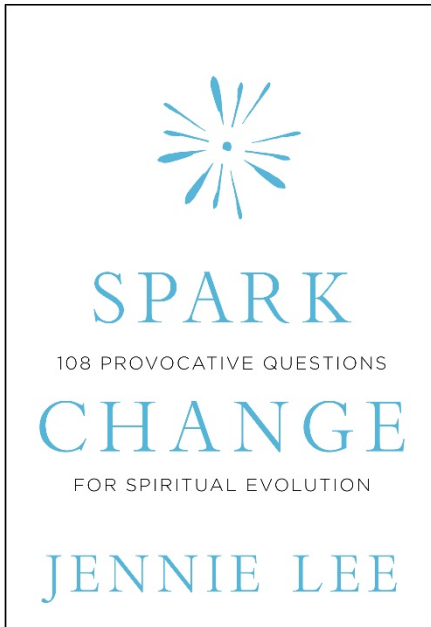


“**[Spark Change]** illustrates how we can probe new possibilities and see the future as more fruitful and free...”

—**Maya Soetoro-Ng, PhD**, Obama Foundation peace educator



Resilience has become one of the most critical emotional responses of our time. We're inundated by the mention of the word in the news and on social media and although some may understand how to strengthen this emotional response in the short term, there's no real explanation on how to build psychological resilience from the deepest reaches of our spiritual consciousness.

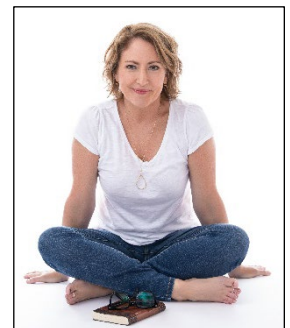
In **SPARK CHANGE: 108 Provocative Questions for Spiritual Evolution** (Sounds True Hardcover; on sale September 8, 2020), Jennie Lee provides the tools to strengthen our psychological resilience through the process of conscious, introspective questioning. Through her prompts, she empowers us to deepen our soul awareness and ignite powerful change within. For the last two decades in her yoga therapy practice, Jennie has counseled people seeking greater self-awareness as they navigate experiences such as depression, grief, and stress—now, Lee brings her practice home to readers everywhere.

Jennie's questions promote more profound thought, connection, and authenticity. They come from her inner journey as well as her study of the philosophies and practices of classical yoga, as taught by spiritual masters, and the principles of spiritual psychology. By working through the 108 questions, you will learn to listen deeply to your soul and determine what life is calling for you to learn or express. The book is divided into 12 major themes with 9 questions per section that are followed by explanations of significance and instructions for how to engage more deeply with them.

Whether it's examining the attitudes that hold you back or investigating where you genuinely want to go in life, **SPARK CHANGE** will help you cultivate gratitude for your gifts, peace with the present moment, and resilience in the face of life's challenges.

ABOUT THE AUTHOR:

Jennie Lee is the award-winning author of *True Yoga: Practicing with the Yoga Sutras for Happiness & Spiritual Fulfillment* and *Breathing Love: Meditation in Action*. She is a recognized expert in the fields of yoga therapy and spiritual living. As a certified yoga therapist, she has taught classical yoga and meditation for more than 20 years, and coached private clients in the practices that integrate life spiritually, mentally, emotionally, and physically. Her writing is featured regularly in national magazines such as *Light of Consciousness* and *Yoga Therapy Today*, and online at Yogapedia, Yoga Digest, mindbodygreen, and many more. She also writes inspirational screenplays and facilitates international wellness retreats. For more, see jennieleeyogatherapy.com.



MORE ADVANCED PRAISE FOR SPARK CHANGE

“From the very first question Jennie asks us in this brilliant book, I was absolutely hooked. Her light-hearted approach and curious process lives up to its promise—to spark the lasting change we seek. This book is a new favorite.” —**Amy B. Scher**, author of *How To Heal Yourself When No One Else Can*

“The questions in *Spark Change* allow us to mine our own interiors—by leaning into our discomfort, challenging our assumptions, and washing our eyes, we can develop a mind that is more open and a spirit that is more resilient. The book illustrates how we can probe new possibilities and see the future as more fruitful and free, sparking positive change in our bodies, minds, and relationships.” —**Maya Soetoro-Ng, PhD**, Obama Foundation peace educator

“In *Spark Change*, Jennie Lee guides the reader through a series of 108 provocative questions that inspire the type of meaningful self-inquiry that can facilitate actual transformation. If our practice is lived 24 hours a day, Jennie offers thought-provoking prompts to impact every minute of those 24 hours. This must-have book is one to be read again and again, used for journaling and discussion with friends, family, and fellow seekers, to set the tone for a life lived with meaning.” —**Felicia Tomasko**, editor in chief, *LA YOGA magazine*

“This lovely volume by Jennie Lee reminds us of our capacity—our calling—to explore, to ask questions, to open our hearts and minds to new possibilities. The book guides us gently through self-exploration that leads to renewal and growth. It guides us gently toward discerning where we might be stuck, where we might rob ourselves of opportunity, and where we might find greater fulfillment and joy. This is a must-read and must-use for anyone committed to living even more fully tomorrow than today.” —**Christiane Brems, PhD, ABPP, E-RYT500, C-IAYT**, clinical professor at Stanford University and director of YogaX

“This book has a nice balance of asking one to look at the hard questions in life and also how to see new vistas and what is possible. It alternates between looking at the ways we are not serving our higher self and then creating a deep sense of self-connection. Both are necessary for healing and transformation.”
—**Amy Wheeler, PhD**, president of the International Association of Yoga Therapists

“It is inevitable when a person embarks on a spiritual journey that they will find themselves needing to reflect and re-chart their course as they seek higher ground. This demands the willingness to look clearly and with an open heart in order to navigate toward our greater good and highest joys. We must stop to ask ourselves the very questions that Jennie Lee offers in this powerful guide to help us along our journey. The questions are insightful, evocative, and carry a depth of raw introspection beyond any standard list of questioning. They also do not leave you hanging. She offers the open hand and loving heart to support you as you take your dive inside. Jennie Lee is one of the most supportive, loving, and knowledgeable guides available to us. This book is a true treasure.”
—**Emily A. Francis**, author of *The Body Heals Itself*

“If you want to be the change you want to see, *Spark Change* is your guide—filled with timeless truth and questions that will take you to greater clarity and fulfillment.” —**Susan Taylor, PhD**, author of *Feeling Good Matters: The Yoga of Mind, Medicine, and Healing*

“Step into your best self—*Spark Change* will inspire, challenge, and guide you there.”
—**Shannon Kaiser**, author of *The Self-Love Experiment*