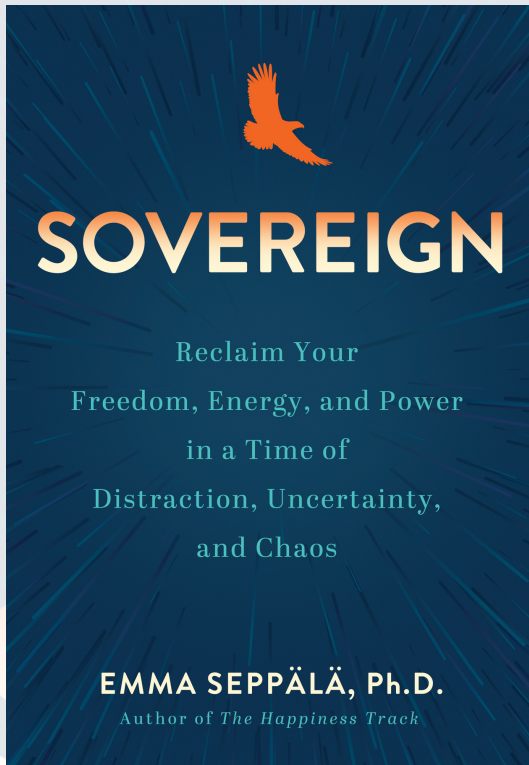


ABOUT THE BOOK



The acclaimed author of *The Happiness Track* maps a radically fresh, science-backed path to break the bonds of self-destructive patterns and beliefs and live a fuller, more authentic life. In the post-pandemic era of war, polarization, and economic and environmental challenges, is it any wonder that we're questioning a lot of things we thought we knew? We're ready to reevaluate what's important and rethink how we are living our lives. We need a new perspective—and Emma Seppälä offers one. *Sovereign* delivers a radically new and enlightening message, made for this age of suffering and confusion. It's a manifesto that awakens us to all the areas in our life where we have subjugated ourselves to self-destructive beliefs and tendencies. And it's a roadmap to reclaim our full psychological sovereignty so we can live free, happy, and authentic lives.

Seppälä's voice is raw and honest, laugh-out-loud funny, and deeply reflective, delving into topics ranging from the nature of self-loathing to the nuances of relationship as she shows us how to unbind ourselves in every area:

- In our working life and our family life
- In our physical health and our emotional well-being
- In our minds, our spirits, and our connection to our very selves

Backed by psychological data, neuroscience, and empirically validated methodologies, *Sovereign* takes us further along the path of personal transformation than we may ever have ventured before—and gives us the true freedom to live life to our fullest potential.

Emma Seppälä teaches at the Yale School of Management and directs its Women's Leadership Program. She is also the Science Director of Stanford University's Center for Compassion and Altruism Research and Education. Her first book, *The Happiness Track*, has been translated into dozens of languages. She regularly speaks and consults for Fortune 500 companies and contributes to *Harvard Business Review*, *The Washington Post*, *Psychology Today*, and *TIME*. A repeat guest on *Good Morning America*, she has spoken at TEDx Sacramento and TEDx Hayward. A psychologist and research scientist by training, Seppälä's expertise is the science of happiness, emotional intelligence, and social connection. Her research has been published in top academic journals and featured in news outlets including *The New York Times*, *NPR*, and *CBS News* and featured in documentaries like *Free the Mind*, *The Altruism Revolution*, *What You Do Matters*, and *Bullied*. Learn more at emmaseppala.com



TALKING POINTS

- **The Neuroscience of Emotion Regulation:** Most adults have never received formal education about what to do with negative emotions
- **The Science of Intuition & Gut Feelings:** We have an instinct for self-preservation that we often ignore, yet research shows it can help us make better decisions if we gain sovereignty over it
- **Leadership Research & How It Can Improve All of Our Relationships:** Positive relational energy is applicable in any relationship and that's how you build sovereign ones. Leaders who lead with positive relational energy have better results than anyone else

"*Sovereign* is one of the most influential books I have read in years. It's loaded with ideas that will recharge your life and change the way you think and act right away. By far the most highlighted book in my library!"

— Tom Rath, #1 *New York Times* best-selling author of *How Full Is Your Bucket?* and *Strengthsfinder 2.0*



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Hardcover Release 4/23/24

\$26.99 | ISBN 978-1-4019-7506-7

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