FOR IMMEDIATE RELEASE
Contact: Shannon Shade
Email: shannon@shannonshypnotherapy.com
Website: www.shannonshypnotherapy.com

Calgary Hypnotherapist Shares Powerful Story of Trauma, Healing, and Transformation in Best-Selling Global Anthology

Shannon Shade contributes to Awakened Hearts, a global book launch featuring Marci Shimoff (The Secret, Chicken Soup for the Woman's Soul) and Karen Weaver

Calgary, AB — June 14, 2025 — Clinical Hypnotherapist Shannon Shade is proud to be featured as a contributing author in the new anthology *Awakened Hearts: Stories of Embracing Light, Love, and Limitless Possibilities*, launching worldwide June 23, 2025.

Published by Awakened Magazine, this collection of real-life stories brings together 32 conscious leaders, healers, and visionaries — including Marci Shimoff, star of *The Secret* and #1 New York Times bestselling author of *Happy for No Reason* and *Chicken Soup for the Woman's Soul*, and Karen Weaver, creator of *Hear Us Roar* — who each share a personal journey of transformation and awakening.

In her raw and hopeful chapter, Shannon recounts how she went from surviving street life in East Vancouver to rebuilding her life through music, mystical insight, and the science of neuroplasticity. Her story, *Streetwise and Soul-Led: From Surviving to Rewiring*, blends personal trauma with spiritual growth, ultimately leading to her calling as a trauma-informed hypnotherapist helping others heal.

"*I wanted to show people that healing is possible. Not just on the surface but deep in the nervous system where so much of our experience is stored. We are more than a body and a brain. But the fact is we do have a body and a brain, and they need care, attention, and safety.*"

Awakened Hearts is perfect for readers navigating emotional healing, spiritual awakening, or seeking inspiration to rise from adversity. The book will be available on Amazon and other major retailers starting June 23.

📘 **Get the book here:** www.awakenedheartsbook.com
🌐 **Learn more about Shannon's work:** www.shannonshypnotherapy.com

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About Shannon Shade

Shannon Shade, RCH, is a Registered Clinical Hypnotherapist based in Calgary, Alberta, offering online and in-person sessions. She specializes in trauma recovery, anxiety, grief, and

personal transformation. Her work blends neuroscience with inner alchemy, and her programs help people rewire their minds and reclaim their joy.

About Awakened Magazine

Awakened Magazine is dedicated to amplifying the voices of conscious leaders and changemakers. Through books, interviews, and real stories, it supports readers in expanding their awareness and living in alignment with purpose and possibility.