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Contact: Jeanna Zelin
480.298.0928
jeanna@zelincomm.com

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SEDONA AUTHOR ALBERT CLAYTON GAULDEN'S THIRD BOOK:
YOU'RE NOT WHO YOU THINK YOU ARE

YOU'RE NOT
WHO YOU THINK YOU ARE
A Breakthrough Guide to Discovering the Authentic You

Albert Clayton

Gaulden

Foreword by James Redfield

A revolutionary new guide to achieve the ultimate goal in life:
Finding your Authentic Self

Transpersonal Psychologist, author, lecturer and founding director of the Sedona Intensive, **Albert Clayton Gaulden** has influenced countless individuals from all walks of life—actors, athletes, financial specialists, teachers, families, psychologists, and psychiatrists—helping them to retrieve their authentic selves and to tap into the inner core of their power. Albert's unique gift in the field of transpersonal psychology is responsible for his fearlessness when confronting his clients' inner conflicts.

Now, in **YOU'RE NOT WHO YOU THINK YOU ARE: A Breakthrough Guide to Discovering the Authentic You** (Atria Books; \$22.00; December 2008), he uses the same

techniques, insights, and exercises to guide readers to a place where they can uncover the obstacles that hinder their fulfillment and find answers to their deepest questions.

The Oprah Winfrey Show, ABC World News and publications such as the Chicago Tribune have featured Albert Clayton Gauden and his transforming work. Now in his third book, **YOU'RE NOT WHO YOU THINK YOU ARE: A Breakthrough Guide to Discovering the Authentic You**, Gauden reveals step-by-step how you can live authentically and discover your true self.

According to Gauden, there is a part of every person that is divine. But, in the bustle of our everyday lives, struggling with work and trying to create meaningful relationships with friends and family, we neglect this power within us. We become distracted by temptations such as alcohol and drugs, obsessions with food or sex, and we misplace emphasis on what seems to be important. The buzz of the world around us can over-ride our authentic selves.

In **YOU'RE NOT WHO YOU THINK YOU ARE**, Gauden candidly discusses his own path to peace after years of struggling with alcoholism, and includes powerful, inspiring stories from clients who have used his self-healing methods. But Gauden doesn't treat his readers as members of a kindergarten class, spouting feel-good philosophies in sound bites and snippets that sound great on talk shows, but rather as independent thinkers who can use his guide to truly explore their innermost feelings.

By dividing **YOU'RE NOT WHO YOU THINK YOU ARE** into "stages," Gauden deftly lays out a concrete blueprint that will help readers take a hard look at the negative things that have been affecting their lives and help them discover who they really are. His lessons and strategies are extremely effective and cover an intriguing range of concepts, including:

- ❖ **The use of astrology to provide accurate insight into character**
- ❖ **How to convert our self-involved ego into a powerful and positive force**
- ❖ **The personal question of "God or No God" and Gauden's conviction that one doesn't need organized religion to find a higher power**
- ❖ **The idea that none of us are totally male or female, and that by not recognizing this leads to the failure of many relationships**
- ❖ **Our destruction or salvation lies in our hands. We must change ourselves to change the world**
- ❖ **The fact that nobody is going to make you happy but you**
- ❖ **To be free of the bondage of ourselves and others, we must heal resentments**

Albert Gauden didn't create the lessons and stages in **YOU'RE NOT WHO YOU THINK YOU ARE** so he could pontificate on his beliefs like so many of today's celebrity self-help spiritualists. These invaluable lessons have become an integral part of his life, his personal

growth, and his journey. And it is his sincere wish to show others how they too can find what he found—a great awakening of your true, authentic self.

Albert Clayton Gauden is the founder and director of Sedona Arizona's popular alternative therapy program, The Sedona Intensive. A world-renowned transpersonal psychologist, Gauden also leads the Sedona Intensive Program at Pritikin Longevity Center & Spa. To learn more about Albert Gauden, visit: www.sedonaintensive.com.

**YOU'RE NOT WHO YOU THINK YOU ARE:
A Breakthrough Guide to Discovering the Authentic You
By Albert Clayton Gauden**

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