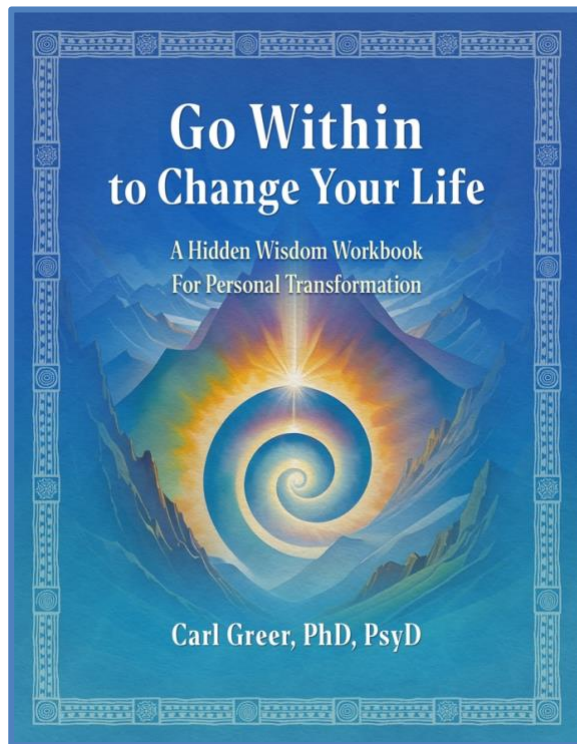


Gail Torr, Publicist
galaxymediagirl@gmail.com
3104296885



FOR IMMEDIATE RELEASE



**The wisdom you seek is
already within you.**

Are you ready to access it?

There are workbooks, and then there's *Go Within to Change Your Life*.

Some books encourage reflection, while others inspire change. However, *Go Within to Change Your Life* by Carl Greer, PhD, PsyD, (March 2025, \$24.95 Chiron) is something more—a masterfully crafted workbook infused with the wisdom of a retired clinical psychologist, Jungian analyst, and shamanic practitioner who has devoted a lifetime to exploring the depths of human consciousness.

This isn't just another self-help book; it's a transformational guide created for those prepared to engage in the real inner work.

Why do we struggle to change? Often, the answers lie within. Greer offers a roadmap to help you access those answers, providing journaling prompts, dream interpretation techniques, guided visualizations, and powerful exercises rooted in Jungian and shamanic traditions.

Go Within to Change Your Life will help you to:

- Access your inner wisdom for profound insights.
- Break through subconscious barriers and self-sabotage.
- Create new habits and sustainable change.
- Connect with your dreams, nature, and inner guidance.

Through thought-provoking exercises, such as writing poems on life and death and insights, creating paintings with natural objects to gain insights into what you know deep down, *Go Within to Change Your Life* invites you to engage with transformation in ways that most books simply do not.

About the Author Carl Greer, PhD, PsyD., is a Jungian analyst, clinical psychologist, businessman, shamanic practitioner, and philanthropist who supports over 60 charities and 2,000+ Greer Scholars. He has taught at the C.G. Jung Institute of Chicago and the Replogle Center for Counseling and Well-Being. Learn more at www.CarlGreer.com.

Galaxy Media & Management Los Angeles, CA 90034, USA
<https://www.galaxymediamanagement.com>
galaxymediagirl@gmail.com | 3104296885