



## PRESS RELEASE

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Contact: Shelly Rosen  
303-665-3151 ext 155  
publicity@soundstrue.com



### **Author Mariana Caplan Wins Five Publishing Awards for *Eyes Wide Open: Cultivating Discernment on the Spiritual Path***

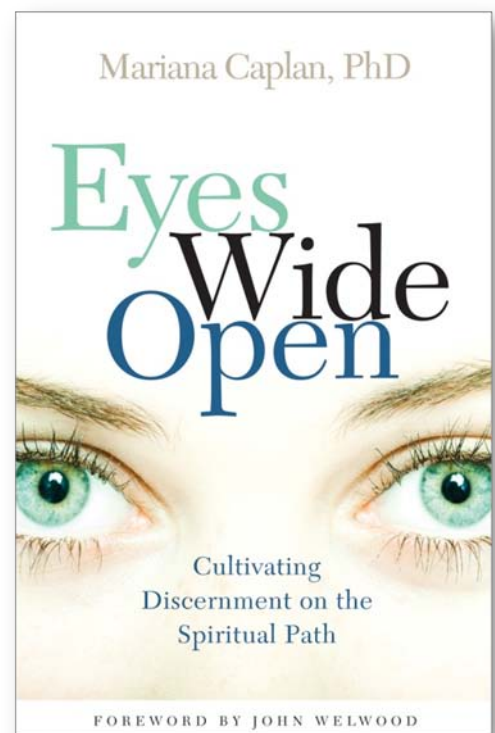
(June 30, 2010 – Boulder, Colo) Sounds True is proud to announce that author Mariana Caplan has won several awards for her 2009 book, *Eyes Wide Open: Cultivating Discernment on the Spiritual Path*. The book is a clear and refreshingly honest look at contemporary spirituality—exposing the myths, understanding its realities, and moving forward with discernment. The awards include:

1. 2010 Book of the Year – COVR Visionary Award
2. 2010 COVR Visionary Award Winner - Conscious Living & Self Help Book
3. 2010 Gold Independent Publisher's Award (IPPY) – New Age (Mind-Body-Spirit)
4. 2010 Gold Living Now Award – Enlightenment & Spirituality
5. 2010 Silver Nautilus Award – Spirituality

The COVR Visionary Award is from the Coalition of Visionary Resources, an organization of independent retailers, manufacturers, distributors, wholesalers, and publishers of visionary books, music, and merchandise. It encompasses new age, specialty, and on-line retailers, herbalists, healing arts and natural food stores, gift stores, mainstream and metaphysical book stores; mail order/catalog houses; spas and spa gift shops; health practitioners; and chain stores from across the U.S. and around the world. Awards are given at COVR's International New Age Trade Show.

The "IPPY" Awards, launched in 1996, are designed to bring increased recognition to the deserving but often unsung titles published by independent authors and publishers. Established as the first awards program open exclusively to independents, over 2,000 "IPPYs" have been awarded to authors and publishers around the world.

The Living Now Book Awards are designed to bring increased recognition to the year's very best lifestyle books and their creators. We all seek healthier, more fulfilling and productive lives, and books are important tools for gaining knowledge about how to achieve these goals for ourselves and our loved ones.



The Nautilus Awards recognizes Books and Audio Books that promote spiritual growth, conscious living and positive social change, while at the same time they stimulate the "imagination" and offer the reader "new possibilities" for a better life and a better world. Nautilus looks for distinguished literary and heartfelt contributions to spiritual growth, conscious living, high-level wellness, green values, responsible leadership and positive social change.

The spiritual path is like any other road—it's going to have its share of potholes and detours. Safe travel requires a quality rarely taught yet critically important in today's world: discernment. In her book, *Eyes Wide Open: Cultivating Discernment on the Spiritual Path* (Sounds True, October 2009), Mariana Caplan supports us in cultivating the acute judgment and discrimination that will help us to live a spiritual life with intelligence, clarity, and authenticity.

Is enlightenment less about fireworks and bliss and more about dismantling illusions? How do we fully integrate our practice into daily living? What's the best way to work with the ego and the shadow? *Eyes Wide Open* explores these questions and more, offering practitioners from any tradition—or those just getting started—a traveler's guide through "the labyrinth of increasing subtlety" that defines a genuine spiritual life.

Building on the foundation she laid with her previous works *Halfway Up the Mountain* (Hohm, 1999) and *Do You Need a Guru?* (Thorsons, 2002), Caplan challenges us to take full responsibility for our lives, as we investigate:

- What is spirituality anyway? Feeding the hungry heart in contemporary Western culture
- "Spiritually transmitted diseases"—the common traps of modern spirituality, and how to avoid them
- The universal theme of the Healing Crisis—and how discernment provides a "life raft" for such times
- Fully integrated spirituality—balancing body, psyche, and spirit for potent transformation

We evolve spiritually by cultivating discernment that is powerful enough to pierce through confusion on every level of our experience, explains Mariana Caplan. To help us along the way, this fellow traveler now offers *Eyes Wide Open*.

Mariana Caplan, PhD, has spent over two decades researching and practicing many of the world's great mystical traditions. She is a professor of yogic and transpersonal psychologies and has authored seven books in the fields of psychology and spirituality.

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