

Press Release

For Immediate Release

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## **New Book *Transpersonal Counseling* Explores the Intersection of Psychology, Spirituality, and Personal Growth**

Jefferson, Oregon author Toni Gilbert, holistic nurse announces the release of *Transpersonal Counseling*, a groundbreaking book that delves into the transformative power of transpersonal psychology. This insightful guide offers readers a holistic approach to personal development, integrating spiritual wisdom with modern therapeutic techniques.

Rooted in the principles of transpersonal psychology, *Transpersonal Counseling* provides practical tools and case studies to help individuals and practitioners navigate personal growth, healing, and self-discovery. The book explores mindfulness, meditation, energy work, and other integrative practices that support deep emotional and spiritual well-being.

"True healing occurs when we acknowledge the full spectrum of human experience—mind, body, and spirit," says Ms. Gilbert. "*Transpersonal Counseling* is designed to help readers transcend personal limitations and cultivate a deeper connection with themselves and the world around them."

Ideal for therapists, coaches, spiritual seekers, and anyone interested in holistic healing, *Transpersonal Counseling* is a must-read for those looking to expand their understanding of consciousness and transformation.

*Transpersonal Counseling* is now available: Amazon, bookstores, [www.tonigilbert.com](http://www.tonigilbert.com) .

For interviews, review copies, or additional information, please contact [toni@tonigilbert.com](mailto:toni@tonigilbert.com) .

### **About the Author**

**Toni Gilbert, RN (ret), MA, HNC**, is a holistic nurse, transpersonal counselor, and author with a background in psychology and alternative healing modalities. With decades of experience in healthcare and wellness, she integrates traditional nursing with transpersonal psychology, energy medicine, and creative therapies to support personal growth and healing. A passionate educator and speaker, Toni has written extensively on the intersection of mind, body, and spirit, including her latest book, *Transpersonal Counseling*.