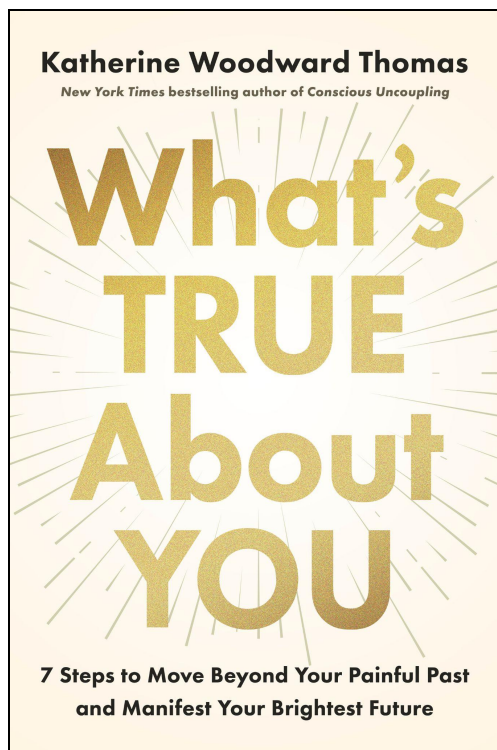


Media Kit

What's True About You:

***7 Steps to Move Beyond Your Painful Past and
Manifest Your Brightest Future***



By Katherine Woodward Thomas

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Book Announcement

New York Times* Bestselling Author Katherine Woodward Thomas Releases Groundbreaking New Book: *What's True About You

“While Healing Is the Domain of the Past, Transformation Is the Domain of the Future”

Katherine Woodward Thomas, MA, MFT, a licensed therapist, recognized pioneer in transformational psychology, and the *New York Times* bestselling author of acclaimed books like *Calling in “The One”* and *Conscious Uncoupling*, will release her latest book, ***What's True About You: 7 Steps to Move Beyond Your Painful Past and Manifest Your Brightest Future*** on January 27, 2026. (Penguin Life; Hardcover).

What's True About You is a positive guide, centered on "future-forward frameworks," designed to help the reader unleash their brightest future. The approach is highly proactive because it recommends that the reader take responsibility for their life and actively generate their future, rather than passively waiting for change.

In *What's True About You*, Thomas reveals a revolutionary way to leave behind a painful past and grow into an abundant and fulfilling future. Thomas tells a crucial and liberating truth: healing and transformation are not the same. Many people spend years digging into their past, only to find nothing significant has changed. “While looking backward to fix what is broken can save one's life, it will not necessarily change it,” says Thomas..

Transformation is the domain of the future. This book is the missing bridge between trauma recovery and the manifestation of your most expansive life. It

moves readers beyond the story of what happened to them, so they can step boldly into the story of what is now possible.

In this book, Thomas guides the reader through her seven-step process. This process has the potential to liberate the reader from false beliefs about themselves and empower them to begin living and loving as their true selves.

Through her Radically Effective 7-Step Process, readers will learn to:

- **Step 1: Claim a Positive, Possible Future**
- **Step 2: Name Your Source Fracture Story**
- **Step 3: Wake Up to the True You**
- **Step 4: See Yourself as Source**
- **Step 5: Identify New Ways of Relating**
- **Step 6: Embrace a Growth Mindset**
- **Step 7: Make New Choices, Take New Actions**

The approach presented in Thomas's book, ***What's True About You***, differs significantly from conventional manifestation concepts primarily because it redefines the prerequisites for success, shifting the focus from simply *wishing* for a future to actively transforming one's identity as the source of creation.

This book includes the **True You Breakthrough Blueprint**, an atlas of 22 core belief breakdowns to help you pinpoint your specific false story. Transformation requires us to choose. You have the power to create a life that feels "lit up and alive with possibilities and potential."

With her guidance, readers no longer need to let their past define or limit what's possible. Instead, by following Thomas's groundbreaking and inspiring protocol, they can change who they are *today*. Readers can manifest the positive possibilities they hold for a bright, beautiful future for themselves and our world.

Author Biography

Katherine Woodward Thomas, M.A., MFT, is a *New York Times* bestselling author, licensed marriage and family therapist, and pioneer in the field of transformational psychology. For over two decades, she has developed groundbreaking methods that move people beyond simply healing the past—into consciously creating the future they long for.

Her books, national bestseller *Calling in “The One”: 7 Weeks to Attract the Love of Your Life* and NY Times bestseller, *Conscious Uncoupling: 5 Steps to Living Happily Even*

After, have sold over 600,000 copies worldwide, sparking cultural movements and redefining how we approach love, relationships, and conscious endings. Featured in *The New York Times*, *Time Magazine*, *The Wall Street Journal*, *The Washington Post*, and *The Today Show*, Katherine’s work has reached millions across the globe.

Her newest book, ***What’s True About You: 7 Steps to Move Beyond Your Painful Past and Manifest Your Brightest Future***, is the leading edge of personal development, bridging the gap between trauma recovery and manifesting a life you love.

Through her live programs, she has guided more than 100,000 individuals to profound breakthroughs and certified over 2,000 coaches and therapists in her training. Today, she stands at the forefront of a new paradigm in psychology—Future Forward Therapy.



Interview Introduction

Katherine Woodward Thomas is a licensed psychotherapist and a recognized pioneer in transformational psychology. She is the New York Times bestselling author of *Conscious Uncoupling: 5 Steps to Living Happily Even After*, the national bestseller, *Calling in “The One”: 7 Weeks to Attract the Love of Your Life*, and her latest book, *What’s True About You: 7 Steps to Move Beyond Your Painful Past and Manifest Your Brightest Future*. Katherine has taught hundreds of thousands of people through transformative programs and trained thousands of professionals in her methods.

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Instagram: <https://www.instagram.com/katherinewoodwardthomas>

Suggested Interview Questions

1. In your book, you say, "Healing and transformation are not the same." What is the fundamental distinction between these two concepts?
2. What are the risks of continually recounting and analyzing past emotional wounds?
3. You say the book is the "missing bridge" between trauma recovery and your most expanded and fulfilling life. What exactly is this bridge?
4. How does believing something like "I'm not good enough" keep someone locked into repeating the same bad outcomes?
5. What is a "Source Fracture Story," and why is identifying this inner story the key to creating lasting change?
6. For people who feel like life is just constantly happening to them, how can taking responsibility actually give them back their personal power?
7. What is the difference between diagnosing a pattern that's based on past trauma and approaching it with a "growth mindset" to identify missing skills?
8. How does your framework teach us to stop unknowingly "mirroring" and setting up others to treat us according to our old negative self-story?
9. When someone is feeling overwhelmed by deep shame or fear, how can they instantly access their "wise adult self" to manage those emotions and choose a better response?
10. Instead of analyzing the past, you focus on addressing "missing development". What is one crucial adult life skill you find many people lack?
11. How does the "True You Breakthrough Blueprint" help readers pinpoint the specific, habitual choices they make that keep their old story alive?
12. The first step in your process is to "Claim a Positive, Possible Future" by setting a "radically unreasonable intention". Why is it crucial that this intention be "unreasonable" and "completely outside of your current identity" rather than a predictable goal based on one's existing circumstances?

13. To create a new future, we need "new ways of relating". What is one concrete, simple shift in behavior that you teach people to start practicing immediately?
14. How does the concept that "the future is fluid" connect this current book with your past bestsellers, *Calling in "The One"* and *Conscious Uncoupling*?
15. What inspired you to write this particular book now?
16. You spent many years focused on healing yourself. What personal realization finally shifted your focus from trying to fix your difficult past to pursuing the future you felt "called to fulfill"?
17. You talk about "Future Forward Frameworks". What are one or two practical tools from your 7-step process that a reader can use this week?
18. You encourage creating a "True You Intention Circle". Why is community support so critical for maintaining momentum when attempting significant life changes?

Excerpt from ***What's True About You:***

“The intention of this book is to awaken you to that which you already know.

In fact, you may have sensed much of what's written here for a while by now and reading it will simply validate your knowing. While some books are memoirs, this one might be considered a “rememboir”— writings to help you remember who you are and what it is you came here to create.

The book will help move you beyond who you assumed yourself to be in response to the wounds you experienced long, long ago. Hurts that somehow imprinted on you at the deepest level with unwanted beliefs and saddled you with the stubborn patterns you tend to struggle with in life today. It will help you not just deal with these old hurts but give you direct access to freedom beyond them. Awakening your power to make all of the wonderful things you want to happen in your life happen. Such that you're no longer on the outside looking in, just hoping, wishing, and praying for a miracle.

Ultimately, however, this book is not just about learning how to manifest everything you want in life . . . as much as it's about awakening to yourself as a *masterful manifester*. Someone who's taken their rightful place as a *creator of life*, and not simply a *reactor to life*.

Which, for many of us, is a new way of being in relationship with life. A relationship where you have the spiritual strength, as well as the agency, to actively generate the future you desire. No matter how much evidence you've accumulated over the years that validates the story of your powerlessness.”

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