PRESS KIT

Awakening the Spiritual Mind

A Guide to Meaning, Purpose, and Transformation in Modern Times

by Elizabeth Carrio

Published by O Books · Distributed by Simon & Schuster

Release Date: January 5, 2027

Author Bio

Short Bio

Elisabeth Carrio is a Transition Coach, Hypnotherapist and author. She helps individuals, entrepreneurs and leaders navigate major life transitions with clarity, resilience and purpose. Drawing on decades of international leadership experience, she combines strategic thinking, transpersonal coaching and hypnotherapy to turn change into new opportunities.

Long Bio

Elisabeth Carrio is a Transition Coach, Hypnotherapist, international leadership expert and author. She helps individuals, entrepreneurs and leaders navigate life's major transitions by combining strategic thinking with personal transformation.

Before dedicating her work to coaching and hypnotherapy, Elisabeth spent more than three decades advising governments, international organizations, NGOs and businesses on governance, leadership and complex organizational change. This extensive international experience gives her a unique understanding of how people and organizations respond to uncertainty, crisis and transformation.

Today, she applies this expertise to the personal dimension of change. Whether facing a career transition, expatriation, entrepreneurship, retirement or a search for renewed purpose, her clients benefit from an approach that integrates strategic coaching, transpersonal psychology and hypnotherapy. Her goal is not only to help people overcome obstacles, but also to discover new possibilities and create a meaningful future.

Elisabeth's own journey reflects the values she teaches. After a successful international career, she chose to rebuild her life by moving alone to the United States in her seventies, embracing a new country, a new business and a new chapter of life. This experience reinforced her conviction that every transition, however challenging, can become an opportunity for growth and renewal.

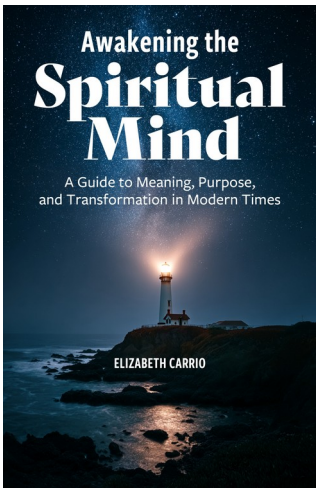
She is the author of several books on leadership, negotiation and personal transformation, including Awakening the Spiritual Mind. Through her writing, speaking and coaching, Elisabeth encourages people to approach change with clarity, resilience and confidence.

Her mission is simple: to help individuals, entrepreneurs and leaders transform uncertainty into purposeful action and lasting transformation.

Visuals



Author Photo



Book Cover

High-resolution files available on request — see Press Contact below.

Book Details

Complete Title	Awakening the Spiritual Mind — A Guide to Meaning, Purpose, and Transformation in Modern Times
Publisher	O Books
Distributor	Simon & Schuster
Length	232 pages
ISBN-13	9781806950027

About the Book

Transform modern challenges into inner strength.

In a world of constant noise, speed, and uncertainty, more and more people feel an inner cracking: anxiety, exhaustion, loss of meaning. Is it a breakdown or the beginning of a spiritual awakening? Awakening the Spiritual Mind is a practical, heart-centered guide for those who sense that something deeper is calling them. Drawing on transpersonal psychology, spirituality, and lived experience, Elisabeth Carrio shows how moments of crisis, doubt, and disorientation can become gateways to a more authentic life.

Through reflective questions, gentle practices, and clear explanations, this book helps you:

- Understand the difference between pathology and awakening
- Navigate intense emotions and inner shifts with compassion
- Reconnect with your inner guidance and symbolic life

- Integrate spiritual experiences into everyday choices, work, and relationships

This is not a promise of perfection but an invitation to walk with more clarity, courage, and meaning — one conscious step at a time.

Why This Book Now

We are living through a time of collective uncertainty and personal questioning. Many feel the quiet ache of disconnection — from purpose, from others, from themselves.

Awakening the Spiritual Mind was born out of this moment. It offers a grounded yet soulful path to help you reconnect with what truly matters.

Drawing from transpersonal psychology, spiritual practice, and lived experience, this book is an invitation to pause, reflect, and realign your inner life with deeper meaning. Now more than ever, we need tools that awaken not just our thinking, but our being.

Selected Endorsements

> *"In this searching interdisciplinary study, the author invites the reader on an existential quest for deeper meaning and purpose in our uncertain times, prioritising the development of inner coherence and freedom — a path towards our authentic centre and being rather than the glitter of outer achievement and success. The reconnection to our innate spiritual intelligence is a key life undertaking, and here the author shares her own profound awakening processes in a highly accessible fashion. A truly transformative read."*
>
> **— David Lorimer, Global Ambassador, Scientific and Medical Network**

> *"Elizabeth Carrio has written a highly accessible book showing how spiritual and astrological maps can serve us in striving for higher levels of personal insight and integration. The book is a helpful practical guide to enriching our lives, notable for its practical, easy-to-follow, and down-to-earth exercises that many will find improve their sense of wellbeing."*
>
> **— Brian Les Lancaster, PhD — Founding Director, Alef Trust; Emeritus Professor of Transpersonal Psychology, Liverpool John Moores University**

> *"In Awakening the Spiritual Mind, Elisabeth Carrio tackles one of our culture's most troubling blind spots: the tendency to pathologize spiritual transformation. Drawing on transpersonal psychology and ancient wisdom traditions, she provides key distinctions between genuine mental health crises and what may be termed 'spiritual emergencies,' which usually demand compassionate integration rather than suppression or medical intervention. If you've been through dysregulating spiritual changes yourself, or you know someone who has, this book can provide a map, with depth and discernment, for navigating this often confusing terrain."*
>
> **— Andrew Polson, Executive Director, Scientific & Medical Network**

Suggested Interview Questions

- What do you mean by "spiritual intelligence," and why is it different from spirituality as we usually understand it?
- Why do you believe spiritual intelligence is especially necessary today?
- Your book suggests that crisis is not always pathology. Can you explain this perspective?
- How does transpersonal psychology inform your approach?
- You use archetypal systems such as astrology and Kabbalistic psychology. Why?
- What makes this book different from other personal development or spiritual books?
- Who is this book written for?
- Your book speaks of a "return with fire." What does that mean?
- How does this book translate into real, everyday life?
- If readers take only one thing from this book, what do you hope it will be?

Press Contact

For interview requests, review copies, or additional materials, please contact:

info@elizabeth-carrio.com

elizabeth-carrio.com