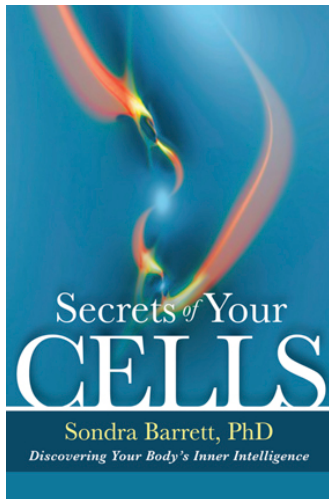


I'm writing to tell you about a forthcoming book, [Secrets of Your Cells: Discovering Your Body's Inner Intelligence](#) (Sounds True, on sale May 1, 2013) by Sondra Barrett, PhD, biochemist, mind-body medicine teacher, and author.

**About the book:**

*Secrets of Your Cells: Discovering Your Body's Inner Intelligence* puts cutting-edge biology into practice for healing body, mind, and spirit. Bringing together a powerful synthesis of easy-to understand science and ancient wisdom traditions, "Secrets" offers a compelling and controversial new look at **our cells as our hidden teachers**.



Researching children's cancers brought medical scientist Sondra Barrett, PhD into real life issues of families suffering, life, and death. It also catapulted her into a spiritual quest to discover more about healing.

In *Secrets of Your Cells*, Dr. Barrett takes an expansive approach to our cellular universe. As she moves from our molecular creation, she frames our cells' roles in human health and culture in a completely new and fresh way. By exploring the development, design, and intelligence of human cells and working with people with life-threatening illnesses, Dr. Barrett became intrigued that perhaps the inner life of our cells could add value to our own personal lives.

Beyond their biochemical abilities and knowledge for living, listening and thriving, our cells carry powerful intelligence to assist us in letting go, diminishing stress and finding deeper meaning in life.

- What can cells teach us about letting go that may influence genetic expression?
- What 5 things do our cells reveal about thriving physically and spiritually?
- What and where is cellular intelligence?

Willingly embracing the deep-rooted conflict between science and spirituality, Dr. Barrett offers new controversial ideas that ancient sacred traditions may, in fact, have roots in our cells and molecules. By searching for the sacred within our cells we might well find the divine within ourselves.

***One tip from your cells:*** Remembering gratitude with your heart, senses and mind of your cells brings peacefulness to all of you.

For fans of Dr. Bruce Lipton (Biology of Belief) or Dr. Candace Pert (Molecules of Emotion), Dr. Barrett's provocative ideas and practical strategies will further inspire and educate them.

## **Author's BIO**

**Sondra Barrett, PhD**, is a medical scientist and teacher with a degree in biochemistry from the University of Illinois Medical School followed by a post-doctoral fellowship in immunology and hematology at the University of California Medical School (UCSF). She was on the faculty at UCSF for a decade engaged in basic cancer research, which led her to bridge medical science and healing strategies for children and adults with life-threatening illnesses.

She has delivered programs throughout the United States as well as for University of California, California Pacific Medical Center, Sonoma State, Apple Computer, Esalen, California Institute of Integral Studies and numerous institutions throughout the Bay Area. An award-winning photographer and long-time student of qigong and shamanism, Sondra also explores the inner world of wine and our senses and is the author of book *Wine's Hidden Beauty*.

Book Title: **SECRETS OF YOUR CELLS: Discovering Your Body's Inner Intelligence**  
Author: Sondra Barrett, PhD

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ebook ISBN: 978-1-60407-819-0

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Publisher: Sounds True

Books are available online at Sounds True, Amazon, Barnes and Noble, Indie Books and bookstores.

## **Additional Links**

**Online Interviews** - "Insights at the Edge" - Sounds True publisher Tami Simon

[Part 1](#) Your Cells are listening.

[PART 2](#): Your Cells are listening. (Imagery, genetic expression, sacred symbols in our cells)

## **Press Room**

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