

FOR IMMEDIATE RELEASE

Financial Strategist & Chaplain Launches Bold Literary Trilogy to Disrupt the "Self-Help" Trap and Reclaim Intuitive Authority

Katharine T. Morgan's "Conscious of Mind" series delivers a 365-day framework to break inherited trauma, stop corporate and personal shrinking, and build unshakeable self-sovereignty.

CINCINNATI, Ohio — In a culture hooked on the illusion that validation must come from external approval, author, coach, financial strategist, and chaplain Katharine T. Morgan is offering a quiet, radical truth: *You are the transformation.*

With the launch of her sweeping three-volume series, **Conscious of Mind: 365 Days to Freedom**, Morgan challenges the modern self-help industry's endless loop of "fixing" brokenness. Instead, she delivers a daily, practical architecture designed to dismantle inherited trauma, quiet subconscious self-defeat, and restore faith in one's own intuitive authority.

"Trauma may come from love severed, betrayed, or weaponized," says Morgan. "But true healing isn't about repairing a defective machine—it's honoring how far you've come. When faith and love cultivate real hope, emotional freedom becomes a daily practice where you finally stop waiting for permission to occupy your own life."

Designed as an intellectual catalyst and a peaceful antidote to relentless screen noise, the trilogy guides readers through a progressive, three-stage evolution:

- **Volume One: A Victory a Day — The Pattern Disruptor:** Interrupts automatic negativity and trains the mind to recognize daily micro-victories.
- **Volume Two: Quietly Growing — The Internal Engine:** Explores the compounding power of daily conscious inputs to quietly overwrite deep-seated subconscious conditioning.
- **Volume Three: Vast & Unlimited — The Breakthrough:** Unlocks unshakeable sovereignty as long-term awareness aligns fully with raw, uninhibited human potential.

Rather than offering passive philosophy, Morgan's work acts as a living portal for readers navigating high-stakes career transitions, relationship shifts, and personal rebirths.

"When you are a visionary, you see what doesn't exist yet and you build it," Morgan adds. "Even when fear is screaming in your ear, you show up anyway—gently feeding your conscious awareness until your mind has no choice but to believe in your own power."

The complete **Conscious of Mind** series (*A Victory a Day*, *Quietly Growing*, and *Vast & Unlimited*) is available now online at Archway Publishing, Amazon, and Barnes & Noble.

Publication Details

- **Volume One: A Victory a Day** | ISBN: 9781665762328 (Softcover) | 9781665762335 (Ebook)
- **Volume Two: Quietly Growing** | ISBN: 9781665798440 (Softcover) | 9781665798457 (Ebook)
- **Volume Three: Vast & Unlimited** | ISBN: 9781665767842 (Softcover) | 9781665767859 (Ebook)

About the Author

Katharine T. Morgan is an author, coach, and dynamic leader with an extensive background in chaplaincy, mediation, corporate leadership, and financial strategy. Holding a Bachelor of Arts from Miami University - Ohio, Morgan combines high-level strategic intellect with deep pastoral intuition to help individuals step out of inherited limitations and claim their personal sovereignty. She resides in Ohio with her family and her dog, Bowie.

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