

New Book Contains 365 Short Daily Devotionals to Inspire Readers to Overcome Negative Experiences and Reclaim Sovereignty

Crafted as a daily guide to help acknowledge day-to-day victories

CINCINNATI, Ohio – A financial strategist and coach who has based her practice on emotional and psycho-spiritual support and development, has compiled a collection of daily devotionals culled from her notes.

In the “Conscious of Mind: 365 Days to Freedom” trilogy, author Katharine T. Morgan encourages readers to acknowledge daily victories by focusing on individual accomplishments and goals and spending time daily to build awareness of inner self. Through her framework designed to dismantle inherited trauma, quiet subconscious self-defeat, and restore faith in one’s own intuitive authority, she hopes to ultimately guide readers to find their voice and get their power working in their favor.

"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 to be 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.

"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."

“Conscious of Mind: 365 Days to Freedom” Trilogy

By **Katharine T. Morgan**

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)

Available at [Archway Publishing](#), [Amazon](#) and [Barnes & Noble](#)

About the author

Katharine T. Morgan is a dedicated author, coach and strategist who lives by example. She received a Bachelor of Arts from Miami University in Oxford, Ohio. Morgan resides in Ohio with her family and her dog, Bowie. To learn more, please visit katharinemorgan.com.

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