

Break Free of Mental Clutter with Emily Hampton Morash's Book, *Unfunk Yourself: Leading Mindfully in the Midst of Mayhem*

Discover a fresh, no-nonsense approach to leadership and personal growth in Emily Hampton Morash's transformative new book.

PROVIDENCE, RI, UNITED STATES, March 20, 2025

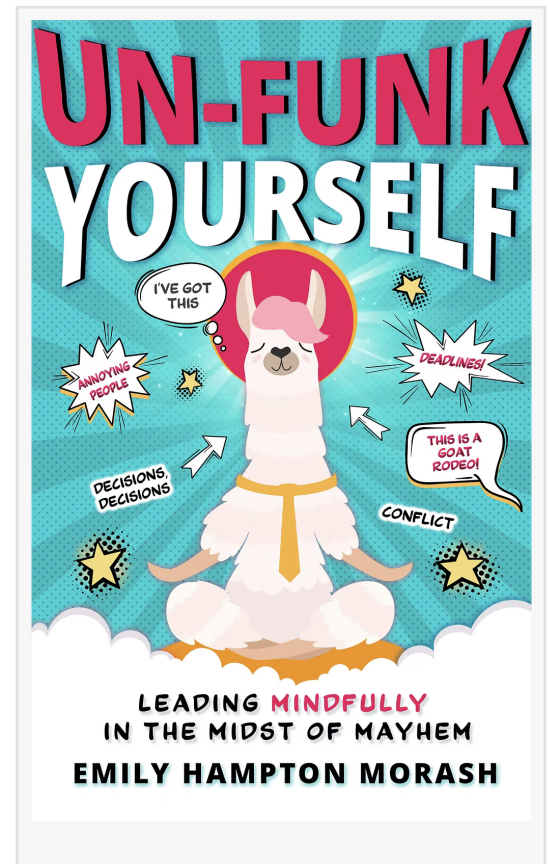
[/EINPresswire.com/](https://EINPresswire.com/) -- Are you ready to reclaim clarity, joy, and control over your life? Emily Hampton Morash's new book, [Unfunk Yourself: Leading Mindfully in the Midst of Mayhem](#), is here to help. Released on March 17, 2025, this insightful guide is already making waves, offering practical strategies to break free from mental clutter and lead with intention.

More than just another self-help book, *Unfunk Yourself* dives deep into the root causes of chaos and provides clear, actionable strategies for achieving balance and success. With a relatable and engaging storytelling style, Morash blends real-world experiences with science-backed practices, creating a roadmap to mindfulness, leadership, and personal growth.

"After decades of navigating (and witnessing) wonky workplace dynamics, I decided it was time to do something about it," says Morash. "That's how the Mindful Leader Practice workshop came to life—helping leaders and teams unfunk how they work together. Out of those real, raw conversations came my book, *Unfunk Yourself*. My hope? That readers see themselves in these stories, own their funk with honesty and courage, and put the lessons into practice."

Readers and early reviewers praise the book's clarity and effectiveness. One reviewer shares, "Morash's approach is both practical and profound. Her strategies have helped me regain control over my life and find joy in the midst of chaos." Whether you need a gentle nudge or a wake-up call, Morash's wisdom is both inspiring and transformative.

Unfunk Yourself: Leading Mindfully in the Midst of Mayhem is available now in print and eBook



formats through major retailers like Amazon and Barnes & Noble. For more information or to request a review copy, please visit [Unfunkt Yourself Book](#).

Join the movement toward mental clarity and empowered leadership. Purchase your copy today and follow Emily Hampton Morash on social media for exclusive content and updates.

About the Author

Emily Hampton Morash is a recognized expert in leadership and mindfulness, dedicated to helping individuals and organizations achieve their full potential. She is the creator of the Mindful Leader Practice workshop, a transformative program designed to help teams and leaders break free from toxic dynamics and embrace clarity.



Emily Hampton Morash

Follow Emily on Instagram @Unfunkt_Yourself_Book and LinkedIn: Emily Hampton Morash for more insights and updates.

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Emily Hampton Morash

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