

Donald E. Johnson's Living a Conscious Life Wins 2025 Nautilus Book Silver Award

A soon-to-be classic publication in the self-help field is honored with a prestigious book award

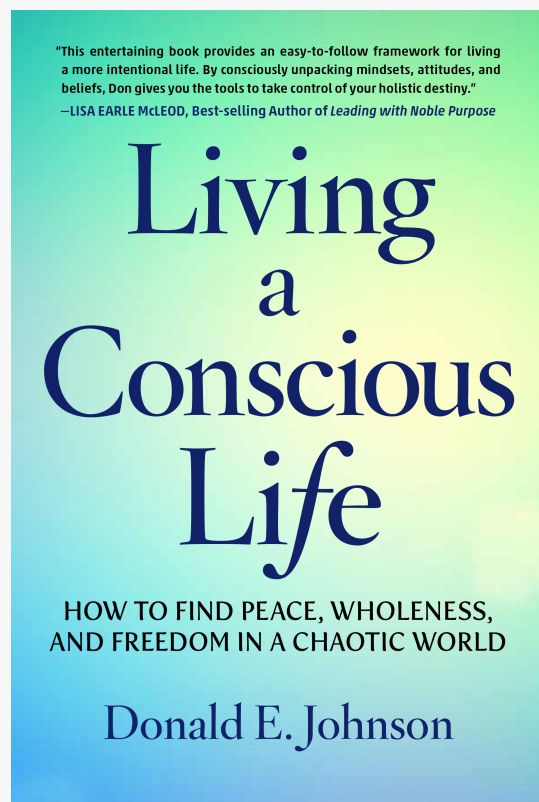
NEW YORK, NY, UNITED STATES, June 3, 2025 /EINPresswire.com/ -- [Living a Conscious Life](#): How to Find Peace, Wholeness and Freedom in a Chaotic World by Donald E. Johnson (ISBN: 9781590795620), published by SelectBooks, has been named a Silver Winner in the 2025 [Nautilus](#) Book Awards, honouring books that inspire and connect our lives as individuals, communities, and global citizens.

Announced on May 20, 2025, the award places Johnson among a distinguished group of authors whose work champions spiritual growth, conscious living, and positive social change. The Nautilus Book Awards are known for recognizing literature that makes a difference, with past winners including Brené Brown, Deepak Chopra, and Thich Nhat Hanh.

Described by readers as both grounded and uplifting, factual yet inspiring, *Living a Conscious Life* offers profound, prescriptive guidance across a wide range of human experiences. With a clear and compassionate voice, Johnson delivers what many are calling



Nautilus Award Silver



Living a Conscious Life: front cover

a “user’s manual” for personal growth in our present chaotic world.

From his time as a practicing Buddhist monk to his success as a business consultant and life-coach, Don Johnson has brought a deep reverence to the diverse textures of his life experience in order to master the art of being human through awareness. Over the years, he has collected numerous incisive tools of consciousness to help bring success to every area of life. Not shying from difficult topics, in *Living a Conscious Life*, he delivers a thoughtful, one-of-a-kind guide to achieving perhaps the most-valuable goal in life: peace within oneself and success in the world.

About *Living a Conscious Life* Lisa Earle McLeod, bestselling author of *Selling with Noble Purpose* wrote, “In this entertaining book, Don Johnson provides an easy-to-follow framework for living a more intentional life. By consciously unpacking mindsets, attitudes, and beliefs, Don gives you the tools to take control of your holistic destiny.” Carolyn Taylor, author of *Walking the Talk: Building a Culture for Success* applauded Don’s book as “a wonderful, practical companion to a path of personal growth, which when followed will lead to better choices, better outcomes, and greater well-being for self and those around us.”

David Gerken, a meditation and mindfulness teacher, and former writer for the West Wing television series stated, “With the world where it is today, nothing is more critical than becoming more conscious. Don Johnson’s beautifully written book will help people do just that.”

Donald E. Johnson is a former business, and sales leader turned writer, transformational coach, and leadership consultant. He is a top writer on Medium.com, where he shares life stories and lessons learned on his journey in and out of chaos with his large following. He is also the founder of the Integria Group, a boutique consulting firm offering transformative coaching, conscious leadership, and team-building solutions. <https://www.integriagroup.com>. Don resides in Edinburgh, Scotland.

Johnson has also launched his own podcast, [Living a Conscious Life: The PODCAST](#) which is available now on Apple, Spotify, Amazon Podcasts, and most other standard podcast distribution services.

The book is available now on Amazon and wherever books or ebooks are sold. For more information or media inquiries, visit www.bemoreconscious.com.



Author Don Johnson

Donald E. Johnson
Be More Conscious
Don@Bemoreconscious.com

This press release can be viewed online at: <https://www.einpresswire.com/article/817721190>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2025 Newsmatics Inc. All Right Reserved.