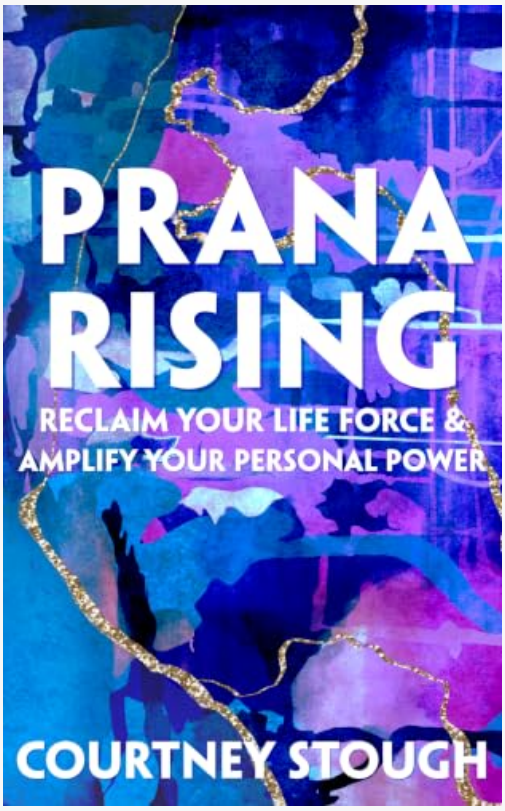
Prana Rising Invites Readers to Honor Their Pain and Reclaim Vitality and Personal Power

Courtney Stough combines personal experience with grounded practices in a universal guide to healing, with particular resonance for high-achieving women.



Prana Rising by Courtney Stough

NEW YORK CITY, NY, UNITED STATES, September 15, 2026 /EINPresswire.com/ -- Author Courtney Stough challenges conventional ideas about burnout and healing in Prana Rising: Reclaim Your Life Force & Amplify Your Personal Power, a hybrid memoir and personal growth guide grounded in a universal message: pain does not have to be catastrophic to matter, and every person is worthy of healing. While the book speaks directly to high-achieving women who appear successful yet feel exhausted, disconnected, or unfulfilled, its message extends to anyone who has minimized their own pain because others seem to have suffered more. Drawing from her own experience, Stough reframes burnout as something deeper than fatigue: a gradual separation from prana, or life force, that can occur after years of achievement, perfectionism, people-pleasing, and prioritizing external expectations over internal awareness.

Stough knew that contradiction firsthand. After attending Yale and Tulane Law and becoming a partner at an AmLaw 100 firm, she had achieved many traditional markers of professional and personal success. Yet by her mid-thirties, chronic pain, medication, and a growing sense of disconnection left her questioning the life she had carefully constructed. Initially believing that meaningful change might require divorce, a new career, and a move to Sedona, she instead discovered another possibility: reconnecting with herself without destroying everything she had worked to build. That realization forms the foundation of Prana Rising.

Stough combines candid personal storytelling with somatic and breath-based practices intended to help readers recognize patterns that may be quietly draining their energy. She identifies people-pleasing, perfectionism, and coping behaviors as potential "Energy Vampires" and introduces the Four Energy Generators™: Embodiment, Mindfulness, Creativity, and Community.

Together, these concepts provide a framework for rebuilding connection with the body, personal values, relationships, and a more authentic sense of self.

At the heart of Prana Rising is Stough's belief that healing is not something people earn by proving their pain is "bad enough." Readers can hold space for the pain and suffering of others without dismissing their own, and prioritizing their healing does not diminish anyone else's experience. Pain, loss, and fear are universal human emotions, and every person is worthy of healing and of their own journey.

For readers accustomed to checking every box while wondering why accomplishment has not produced fulfillment, Prana Rising offers an alternative to simply pushing harder or walking away. Stough also introduces Heart Mind Resonance as a practice for bringing thoughts and feelings into greater alignment, supporting decisions rooted in an internal compass rather than chronic second-guessing. Her concept of Blissence™ describes moments of being fully present within one's authentic essence, shifting the focus from constant achievement toward greater clarity, vitality, and presence.

Courtney Stough brings an unusual combination of demanding professional experience and personal transformation to Prana Rising. Her journey from externally defined success toward a more connected way of living gives the book both its personal foundation and practical purpose. Rather than urging readers to become entirely different people, Stough invites them to honor their own pain, examine what has depleted their energy, and rediscover what makes them feel genuinely alive, offering a path toward greater personal power within the lives they have already created.

The book is available at:
https://a.co/d/0ganGDie

For review copies, interview requests, or additional information, please contact:

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