

FOR IMMEDIATE RELEASE

A Coffee-table Book Blending Emotional Literacy & Spiritual Insight – When Feelings Speak

***When Feelings Speak* by Mina Fabis**

German-born and Himalaya-based author Mina Fabis – a therapeutic coach, meditation teacher and artist who has been living in India for over 12 years – presents *When Feelings Speak*, a soulful picture book that nurtures emotional understanding and self-awareness, featuring her writings and paintings.

In a rare and courageous contribution, Fabis blends Western and Indian traditions of inner inquiry – one that listens deeply to emotion and one anchored in present-moment awareness. She created a work both timeless and urgently relevant, meeting emotions head-on in a culture that tends to avoid them.

Rather than glossing over difficult feelings like fear, anger or sadness, the book gives each one a guiding voice – showing how even tricky feelings can become trusted companions. Helping children keep their natural emotional attunement and inviting adults to return to it, *When Feelings Speak* offers an antidote to two of modern life's biggest gaps: feeling without meaning and meaning without feeling.

Set against the backdrop of the legendary Himalayas and the sacred Ganga, the book carries the stillness, wisdom and flow of its birthplace. The Himalayas evoke presence and inner ascent, while the Ganga embodies flow, purification and transformation. Together, they reflect the spirit of this work: a gentle yet profound journey into our inner landscape.

With its heart-opening visual style and distinctive creative flair, the book blends emotional literacy with spiritual insight in a way that feels both grounded and uplifting. Guided by Bhavin, a wise (and delightfully fluffy) mountain shepherd dog, it uses only a few carefully crafted lines per page and luminous, original artwork to cultivate self-awareness with disarming ease and warmth. The result is something both unique and universal – soulful, playful, contemplative and deeply human.

“As adults, we’re often taught to rely solely on logic,” says Fabis. “Social norms condition us to ignore our emotions and override our gut feelings. But while the rational mind has its place, our emotions also carry intelligence. This book is a gentle reminder and an invitation to tune in. It encourages adults to reconnect with their inner landscape, and children to stay rooted in their natural intuition and authenticity. In the end, the essence of any spiritual path is presence: being here and now, not lost in past stories or future worries, but attentive to our inner state, moment by moment.”

Ideal for therapists, yoga instructors, teachers, health practitioners, coaches, parents, creatives and truth-seekers, *When Feelings Speak* is a spiritually and mentally enriching companion – a healing tool for refining self-awareness and a meaningful gift for loved ones, families and professionals.

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While some emotional aspects may be more relatable for adults, the book offers a space where grown-ups and children can sit together. Parents, in particular, will find it valuable for contemplation and heartfelt dialogue.

In short, *When Feelings Speak* is a book of the new times – not in the New Age sense, but as a reflection of a deeper, more conscious way of relating to our inner world and to one another.

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Complimentary review copy: in English, Hindi or German (upon request)

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Sample spreads from book (jpgs)