

**For Immediate Release**

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# WAKING

## A Memoir of Trauma and Transcendence

### By Matthew Sanford

**\*A Reader's Digest Editors' Choice\***

\*Winner of 2007 Minnesota Book Award and Northeastern Minnesota Book Award\*

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Paralyzed Yoga Teacher's Critically Acclaimed Book  
Offers Powerful Message of Hope and Healing

NOW IN PAPERBACK

**Minneapolis-St. Paul, Minn.** — At age 13, [Matthew Sanford's](#) world turned upside-down when a devastating car accident killed his father and sister and left him paralyzed from the chest down. Advice from his doctors to “forget his lower body,” however, was what really crippled Sanford, leading him to ignore his once-athletic body, until at age 25 he discovered yoga and the healing power of the mind-body connection.

Now 42 and still paralyzed, Sanford is a nationally recognized yoga teacher, critically acclaimed author, founder of a non-profit, and a leading voice in the integrative health movement who has inspired and enhanced the lives of thousands. His pioneering work with yoga, paralysis and disability has led to inspirational yet practical insights about how to live in our bodies that applies to all.

In *Waking: A Memoir of Trauma and Transcendence* (Rodale/June 2008) Sanford shares his philosophy on the power of the mind-body relationship. In it he chronicles his remarkable story and sheds light on our inner capacity for survival, grace, acceptance and healing. “I want the world to know that healing is possible, even when curing is not,” says Sanford.

“*Waking* is a beautiful, life-giving book. It reads like poetry, and takes the reader inside Matthew Sanford's struggles and insights as a paraplegic and a man, a son, and a brother, a husband and father. But the “transcendence” of the book's subtitle is not otherworldliness. This is a story of moving gracefully within the limits, tragedies, surprises, and ordinariness of being human and alive.”

~ *Krista Tippet “Speaking of Faith” American Public Media*

“*Waking* is a harrowing story of courage, and a primer for joy.”

~ ***Louise Erdrich***

“Matthew Sanford’s remarkable story puts a human face on an alternative healing path. His experience as a patient and his exploration of yoga and paralysis inform and inspire patients, doctors, and rehabilitation professionals alike. He beautifully underscores the limitations of our current medical practices and the necessity for a mind-body-spirit approach to healing and recovery.

Matthew is a rising star in the integrative health movement.”

~ ***Donna Karan, Chief Designer/Creative Director,  
Donna Karan International & Founder, Urban Zen Foundation***

Sanford’s pioneering work began over 10 years ago when he began teaching an adaptive yoga class for people living with a wide range of disabilities at Courage Center, a leading transitional rehabilitation facility in Minnesota. Realizing the unprecedented work was leading to simple, yet profound teachings applicable to all, Sanford founded Mind Body Solutions and expanded into the community at large.

Sanford’s inspirational voice and work now reach health care, corporate, yoga and general audiences nationwide. His non-profit is currently producing a DVD for rehab centers illustrating what is possible after traumatic loss, training additional teachers to teach adaptive yoga classes and workshops nationally, and working to make information on adaptive yoga accessible world-wide via online instructional videos. Recognized as a national hero, Sanford was named the Quality of Life award winner in the 6<sup>th</sup> Annual [Volvo for Life Awards](#). Astronaut Dr. Mae Jemison presented Sanford with his award at the 2008 ceremony in New York City. With the honor Volvo will contribute \$100,000 to Mind Body Solutions. The mini-documentary created for the Volvo event can be viewed on [YouTube](#).

Sanford teaches and keynotes at national yoga conferences and studios around the country, presents seminars to major health care organizations, including Mayo Clinic, and brings his inspirational message to corporations nationally through his innovative program *Bringing Your Body to Work*. In 2007 he presented at Donna Karan’s Urban Zen Initiative, a forum that brought together renowned leaders in integrative medicine and healing therapies. His honors include the Yoga Journal’s Karma Yoga Award, the Judd Jacobson Memorial Award and the Eleven Who Care Award from KARE-TV. Sanford is currently spearheading a groundbreaking pilot program at Courage Center, a leading transitional rehabilitation facility in Minnesota, which incorporates a mind-body approach into the rehabilitation process while measuring outcomes. A documentary on his life’s work is being developed.

[www.matthewsanford.com](http://www.matthewsanford.com) • [www.mindbodysolutions.org](http://www.mindbodysolutions.org).

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