

- **COVR Award for Visionary Non-Fiction, 2nd Place, 2022**
- **Canadian Book Club Award, Finalist, 2022**
- **Southern California Book Award, Runner-Up, General Non-Fiction, 2022**
- **Global Book Award, 2nd Place, 2022**
- **Readers Choice Book Awards, 2nd Place, 2022**
- **NYC Big Book Award, Winner, 2022**
- **The Book Fest, Nonfiction/Body, Mind & Spirit, 2nd Place, 2022**
- **PenCraft Award for Non-Fiction, 1st Place, 2022**
- **London Book Award - Honorable Mention, 2022**
- **Eric Hoffer Book Award, Winner, Health Category, 2023**
- **Eric Hoffer Book Award - First Horizon Award for 1st Published Book, 2023**