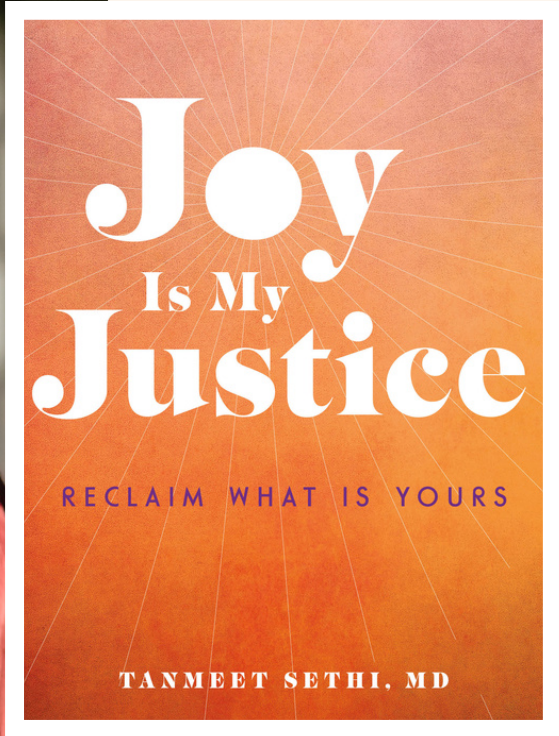




Tanmeet  
Sethi MD



**Tanmeet Sethi, M.D.**

**Media Kit**

## ABOUT

# Tanmeet

Tanmeet is a board-certified Integrative Family Medicine physician and Clinical Associate Professor at the University of Washington School of Medicine. She has spent the past 25 years working on the frontlines of the most marginalized communities, as well as globally with victims of school shootings, survivors of hurricanes, citizens impacted by police violence, and psychologists in Ukraine under attack. Tanmeet has created entire Integrative medicine programs from the ground up, including the first ever fellowship in Washington state. Her expertise is widely recognized in both local and national work which includes leading programs on healing from trauma, thought provoking presentations (to both medical and non-medical organizations), and multiple articles and textbook chapters on Integrative Medicine.



### CONNECT WITH TANMEET

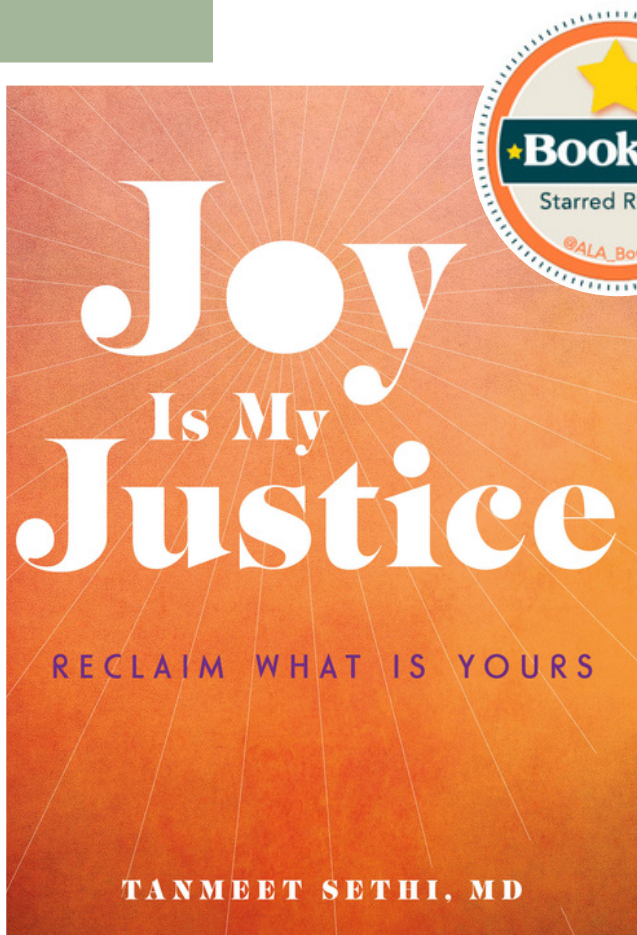
[WEBSITE](#)[INSTAGRAM](#)[LINKEDIN](#)[FACEBOOK](#)[WATCH TANMEET'S TED TALK](#)[HOW TO PRONOUNCE TANMEET](#)





BOOK TITLE

# Joy is My Justice: Reclaim What Is Yours



## SYNOPSIS

Joy is here for you.  
Joy is your birthright.

It's my mission to  
make sure you find yours.

Joy Is My Justice is a radical guide that will open you to the potential of healing, rooted in powerful stories, potent guided exercises and meditations, and neuroscience. If you think finding Joy is too hard, too much to hope for, or only for people who are “resilient enough,” this book is for you. Joy is liberation in your body—the truest Justice you will ever know.



# Endorsements

“Full of transformative practices, illuminating stories, and courageous inspiration, this book offers a path through for anyone dealing with trauma, pain, or simply the daily injustices of the world—all the while painting a vision for how we bring joy and justice into our lives with a radical push for change...This is the friend to keep with you, the reminder that we can change the world.”



**PRAMILA JAYAPAL**

U.S. CONGRESSMEMBER, CIVIL RIGHTS ACTIVIST, AND AUTHOR OF USE THE POWER YOU HAVE



“Joy Is My Justice is a book to experience with your whole bodymind. It is brilliant, profound, necessary—and a joy to read.”

**RESMAA MENAKEM**

AUTHOR OF THE NEW YORK TIMES BESTSELLER MY GRANDMOTHER'S HANDS AND MONSTERS IN LOVE



“We mostly turn away from our pain. I have. Tanmeet invites us to walk a stronger, more human path, surprisingly to Joy and Justice. I know her wisdom heals, as it has helped me, and my patients, become more whole. I urge you to make space for Tanmeet’s message in your life.”

**DREW RAMSEY, MD**

BOARD CERTIFIED PSYCHIATRIST, AUTHOR OF EAT TO BEAT DEPRESSION AND ANXIETY, ASSISTANT CLINICAL PROFESSOR OF PSYCHIATRY AT COLUMBIA UNIVERSITY

In *Joy Is My Justice*, Tanmeet shares her methods for shifting your nervous system and biochemistry into Joy at the cellular level. You can reclaim Joy despite the burden of living in an unjust world, past traumas, and what a whitewashed wellness world says about your capacity to do so. Searching for fairness will decimate your spirit but seeking the Justice of Joy will save your soul.

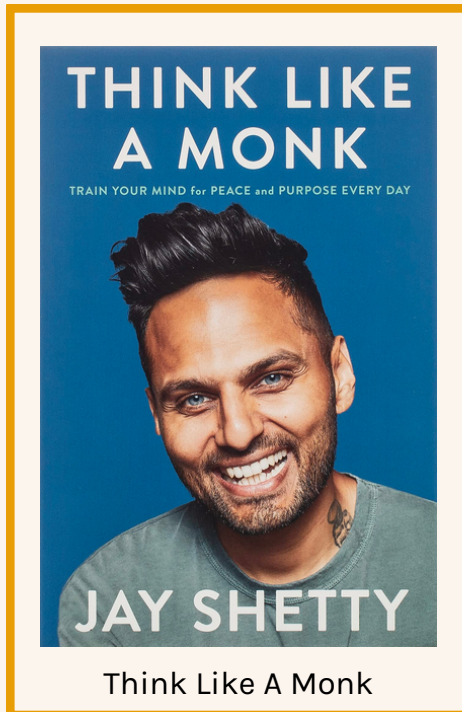
*Joy Is My Justice* is an invitation to everyone "wellness" has left behind. This book will help you rediscover your Joy, not as a destination or solution, but as a profound practice for healing.

**Every step you take toward Joy is a radical act of Justice.**

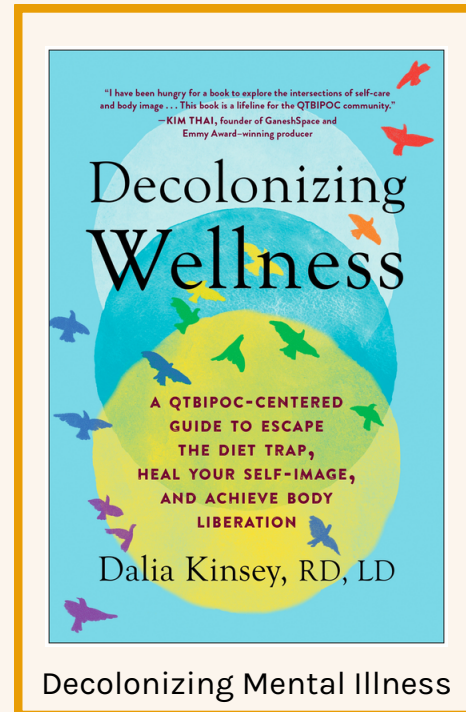


**Tanmeet  
Sethi MD**

## COMPARABLE BOOK TITLES



Think Like A Monk



Decolonizing Mental Illness

## DETAIL OVERVIEW

### PAGE COUNT

288 Pages

### GENRE

Mental Health, Personal Growth, Self-Esteem, Self-Management, Stress Management

### PUBLISHER

<https://www.hachettebookgroup.com/>

### PUBLICATION DATE

May 02, 2023

### ISBN-10

0306830035

### PRICE

\$28 Hardcover

### AVAILABLE FORMATS

Kindle, Hardcover, eBook, Audio Book

### WHERE TO BUY

Amazon, Barnes and Noble, Books a Million, Bookshop, and Indiebound

# Key Discoveries in the Book



- Joy is a human right, accessible to all of us, regardless of race, gender expression, or bank account.
- Joy is an act of resistance which allows you to right unfairness in the world by finding Justice in your body.
- Suffering isn't a personal or moral failure or the result of a faulty nervous system.
- Resilience as typically defined by the wellness industry requires privilege. You can't positively think your way out of poverty, dangerous situations, or oppression.
- What you do in your body rewrites how your brain interprets and translates your life.
- When the world is not compassionate toward you, you can use the Justice of self-compassion to make it safer for you to step into.
- Don't let others take away your capacity to find Joy. You can harness the hope inside you to once again face the world that tried to erase it.
- When others tell you to "look on the bright side" and you're unable or unwilling to do so, this feels toxic because it is. Your nervous system is hypervigilant of pain, loss, and the attempts of others to dismiss it.



# Q & A

What is the difference between Joy and happiness?

---

Why is Joy a critical practice when someone is suffering and how can it be accessed?

---

Why is Joy critical for marginalized communities as a path to healing from oppression?

---

How do the tools in this book activate the vagus nerve of the nervous system and help cultivate Joy?

---

How does healing our trauma and finding our Joy affect our genes and heal our ancestry?

---

Why do you reject the wellness world's definition of resilience?

---

What is "embodied micro-resistance?"

---

How does forgiveness fall short of your personal Joy revolution?

---

How is loving ourselves a bold step toward Justice?





## Tanmeet Sethi *MD*

To request an interview with  
Dr. Tanmeet Sethi, please contact:

---

Tanmeet Sethi

[pr@tanmeetsethimd.com](mailto:pr@tanmeetsethimd.com)