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New Book Offers *Soul Medicine* for a Time of Upheaval

In a time of ecological, political, and social upheaval, Dr. Liza J. Rankow locates a path to healing at the intersection of mystic spirituality and social action. In her new book, *Soul Medicine for a Fractured World: Healing, Justice, and the Path of Wholeness* (Orbis Books), the longtime activist and counselor shows readers how to live with purpose and meaning as a response to the rising tide of calamities around the globe.

Soul Medicine has been praised by Pulitzer Prize-winning author Alice Walker, who described it as: “Wise and beautiful, an offering of great depth.”

Parker J. Palmer, the award-winning author of *Let Your Life Speak*, and *The Courage to Teach*, says: “This is a book for our time, a treasure-trove of good medicine for the soul. Standing at the intersection of activism and mysticism—and telling powerful stories that bring what that means to life—Rankow helps us understand that social change cannot be divorced from personal and societal healing.”

Dr. Rankow believes the medicine the world needs is in each of us. Drawing upon spiritual wisdom that has been passed down through generations, her guidance is rooted in our kinship with one another, the Earth, and all of life. She points to “something more powerful than the chaos: our belonging to a wholeness that is ancient, infinite and eternal.”

Healing is at the heart of *Soul Medicine*. It explores personal, ancestral, and societal wounds and the social division that arises from them. The book offers practical wisdom including:

- How a mystic spirituality rooted in oneness can inform the work of justice making;
- The importance of purpose as a compass through times of upheaval;
- Working with trauma, emotions, and grief;
- Expanding self-care into soul care;
- Cultivating practices of deep listening;
- Healing “whiteness” and dismantling white supremacy;
- How we can move toward a world that honors belonging.

An interfaith minister, writer, activist, and educator, Dr. Rankow’s lifework focuses on the deep healing essential to personal and social transformation. Her approach to liberation is inspired by “mystic activists” from various faith and cultural traditions, and “stands on the shoulders of those who through the generations who have served justice movements as healers, spiritual guides, and counselors.” The book includes the voices of wise teachers such as Dr. Howard Thurman, Malidoma Somé, Vimala Thakar, Thich Nhat Hanh, and Joanna Macy.

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Soul Medicine/2

Spiritual and healing practices and reflection prompts are provided to help readers put the ideas into embodied action: including meditations, breathwork, tuning into inner guidance, and seeking the wisdom of Nature, ancestors, and coming generations.

“Healing and liberation are a collective project not an individual one,” Dr. Rankow says. What she most wants readers to take away from the book is this: “*You belong to life*. You belong to everything and everyone that ever was or will be. You belong to wholeness. And there is nothing that you could ever do, or fail to do, to change this truth.” Empowered by that belonging, she believes each of us is called to contribute our soul’s gifts, as together we meet the escalating crises before us.

“We are not helpless bystanders, we have a role in the transformation,” says Dr. Rankow. “What’s called for is not going back to some idealized past, but moving forward, creating a future based on who we need to become and how we need to be with one another and Earth in order to survive.” In the face of an empire bent on dividing us from one another, she points out, “love is a radical form of resistance.”

About the Author:

Liza J. Rankow, PhD, MHS, is an interfaith minister, educator, activist, and author. Her lifework centers the deep healing that is essential to personal and social transformation. Liza is the founder and former executive director of OneLife Institute, which for almost 20 years supported the well-being of frontline changemakers. She has been a spiritual counselor and teacher for more than three decades, working with individual clients, facilitating healing retreats, and offering classes and workshops in a variety of community and academic settings. Liza is the producer and co-editor of *The Living Wisdom of Howard Thurman* audio collection. Her latest book is *Soul Medicine for a Fractured World*.

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*Soul Medicine for a Fractured World:
Healing, Justice, and the Path of Wholeness*

by Liza J. Rankow

Orbis Books (© 2026)

ISBN: 978-1-62698-637-4

Paperback, \$26.00