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Nicholas Townsend Smith Releases *The Giant within the Small*, a Novel About the Twelve Journeys Home to Yourself

Drawn from the author's own life, the story follows a financial advisor who loses everything, and the mentor who walks him home to himself, one journey at a time.

SALT LAKE CITY, Utah — Author Nicholas Townsend Smith has released *The Giant within the Small: A Story of the Twelve Journeys Home to Yourself*, now available in paperback on Amazon. The novel follows Henry, a 41-year-old financial advisor about to lose his marriage, his house and every dollar he saved.

At six in the morning, before the light comes up over the river, Henry calls a number he has carried in his wallet for six years. A voice answers before he says a word: "Hello, Henry." The man on the other end is Rimi, an old mentor who asks one question Henry cannot answer. Who are you?

That question starts Henry on twelve journeys, from his kitchen floor to a bench by the river nearly two years later. He traces a voice in his head to a Sunday school teacher in a green dress. He stands in a line he swore he would never stand in. He finally cries about a Christmas morning he hasn't let himself remember in 31 years.

A NOVEL THAT TEACHES

The twelve journeys are the Non-Conscious, Awareness, Grief, Acceptance, Gratitude, Empowerment, Uncertainty, Abundance, Vision, Surrender, Nurture and Legacy. Each pairs Henry's story with a lesson drawn from psychology, neuroscience and the hard-won wisdom of mentors. Through Rimi, readers meet the ideas of Carl Jung, Joseph Murphy, Robert Emmons, Erik Erikson and Viktor Frankl.

At the center is a simple idea about the brain. As Rimi tells Henry in the first chapter, "Every human being on this planet is walking around inside an identity built before they had a vote in the building of it." The book shows how that identity was built, and how to change the story it has been running ever since.

Readers leave with practices they can use right away. The first is a single question Rimi gives Henry: "Whose voice is this?"

WHO IT'S FOR

The book is written for anyone who looks fine on the outside and feels stuck on the inside. It is for the person who has read the books, knows what to do, and still keeps hitting the same wall.

Henry's collapse came dressed as money and marriage. For readers, it may look like a divorce, a death, a diagnosis or a business that failed. The doorway differs. The journeys on the other side of it are the same.

The final journey, Legacy, carries the book's widest promise: "a healed person heals the people around them." A Reader's Guide in the back offers a question for each journey, built for a notebook, a book club, a coaching client or a small group.

DRAWN FROM LIFE

The novel is drawn from Smith's own life and reimagined. Rimi is a composite of the mentors, coaches, therapists and authors who helped Smith grow. He also carries lessons from the hundreds of guests Smith has interviewed on *Wake Up With Giants* TV. The character first appeared in Smith's earlier parable, *The Giants and the Smalls*.

> *"Somewhere out past the edge of everything I will ever see, there is a person sitting on a curb with their head in their hands, looking up at the people who seem so much larger than them, daring to wonder whether this is all there is. I wrote this book for that person."*
>
> — Nicholas Townsend Smith

"These journeys are not a book you finish," Smith said. "They are a path you return to, for the rest of your life, in different orders, at different depths, around different wounds."

AVAILABILITY

The Giant within the Small is available now in paperback on Amazon. Readers who want to walk the twelve journeys again with others can find the companion work and community at tribeofgiants.com.

BOOK DETAILS

Title	*The Giant within the Small: A Story of the Twelve Journeys Home to Yourself*		
Author	Nicholas Townsend Smith	ISBN	9798178395257
Genre	Fiction, personal growth	ASIN	B0HLS2CZ1D
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ABOUT THE AUTHOR

Nicholas Townsend Smith, known as "the Gentle Giant," is a Utah-based author, poet and songwriter who helps people rewrite the stories that keep them small. Having lived with anxiety and trauma himself, he turned that fight into his life's work.

Smith is the co-creator of the 12 Journeys framework, which he has taught on stages around the world. He is the founder of Tribe of Giants, an online community where members walk the twelve journeys together. He holds a master's degree in industrial-organizational psychology.

Smith has interviewed hundreds of guests on *Wake Up With Giants* TV. He is the author of a handful of books, including *The Giants and the Smalls* and *The Tortoise's Hair*. Learn more at tribeofgiants.com.

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