

The Secret Within

Finding Peace in Hard Times

TIM COATS • PUBLISHED MARCH 12, 2026 • LAUNCH MARCH 30, 2026

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ABOUT THE AUTHOR

Tim Coats is a former business executive, mindfulness practitioner, and longtime caregiver whose life was reshaped by raising a son with severe disabilities. After a decades-long search through philosophy and contemplative practice, he developed a grounded approach to inner peace. In *The Secret Within*, he shares practical insights on resilience, awareness, and finding meaning in life’s most difficult moments.

PRESS RELEASE

FOR IMMEDIATE RELEASE

MINNEAPOLIS, MN — March 30, 2026

Tim Coats Releases *The Secret Within*, Offering a Grounded Path to Peace in Life’s Hardest Moments

Tim Coats, a former business executive and longtime caregiver, releases *The Secret Within: Finding Peace in Hard Times* on March 30, 2026, a deeply personal and practical guide to navigating adversity with awareness and resilience.

Drawing from decades of caregiving for his son with severe disabilities, Coats shares a grounded approach to finding peace not by changing circumstances, but by transforming how we meet them.

Blending personal story with mindfulness and contemplative insight, the book offers readers simple, powerful tools for living with greater clarity, acceptance, and meaning.

Now available on Amazon and in Bookstores near you.

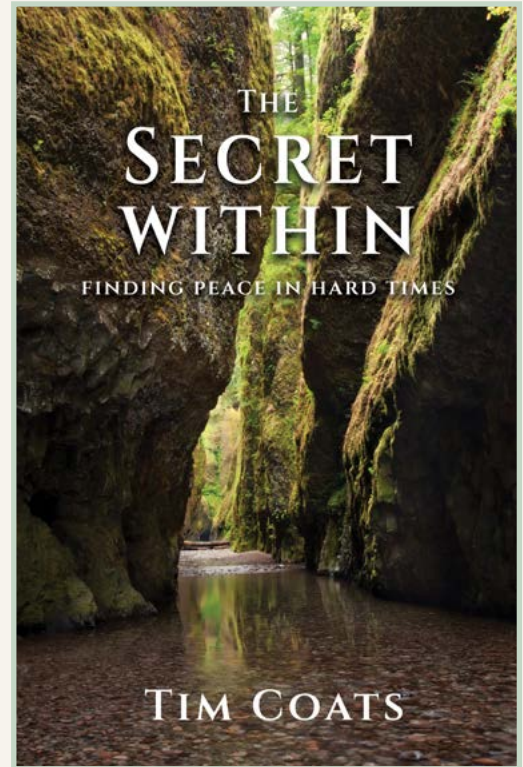
ABOUT THE BOOK

In *The Secret Within*, Tim Coats shares a deeply personal journey through adversity, caregiving, and a decades-long search for a way to live with joy in the face of pain. After the birth of his son with a severe disability and the ongoing medical crises that followed, Coats discovered that endurance alone isn't enough. To survive, and to truly live, he had to learn a different relationship to suffering, thought, and control.

This is not a book of quick fixes or lofty promises. Instead, it offers a grounded path built on awareness, acceptance, and daily practice. Through stories, insights, and simple exercises, Coats introduces concepts such as Silent Fitness, self-transcendence, and the healing power of relationships, guiding readers away from the tyranny of relentless thought and toward a more spacious way of living.

Blending wisdom from philosophy, contemplative traditions, and everyday life, *The Secret Within* is written for anyone facing stress, loss, or life's curveballs and sensing there must be another way.

Peace, joy, and meaning are not found by escaping life's challenges, but by meeting them differently. The secret within is closer than you think.



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