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

MINNEAPOLIS, MN — March 24, 2026 — In a world saturated with quick-fix solutions and surface-level advice, *The Secret Within: Finding Peace in Hard Times* by Tim Coats offers something rare: an honest, deeply lived path to resilience, awareness, and lasting inner peace.

A former business executive, Coats' life changed dramatically with the birth of his son, who lives with severe disabilities and ongoing medical challenges. What followed was not only decades of caregiving, but a profound personal journey marked by uncertainty, grief, and the search for a way to live meaningfully in the face of circumstances he could not control.

Rather than offering abstract theory, *The Secret Within* is grounded in lived experience. Through personal stories, practical insights, and simple daily practices, Coats introduces readers to a different way of relating to suffering—one rooted in awareness, acceptance, and what he calls *Silent Fitness*: the practice of cultivating presence beyond thought.

"This book is not about escaping difficulty. It's about discovering a different way to meet it," says Coats. "Life doesn't come to us as it is; it comes to us as we are."

Blending wisdom from philosophy, contemplative traditions, and real-life experience, the book speaks directly to those navigating stress, loss, caregiving, or life-altering challenges. It offers a steady, compassionate voice for readers who sense there must be more than simply enduring hardship.

At its core, *The Secret Within* challenges a common assumption: that peace must be found outside ourselves. Instead, Coats presents a grounded and accessible path toward uncovering it from within.

The book is especially relevant for caregivers, individuals facing long-term adversity, and anyone seeking a deeper, more sustainable way to live with clarity and meaning.

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. His work focuses on resilience, awareness, and finding meaning in life's most difficult moments.

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