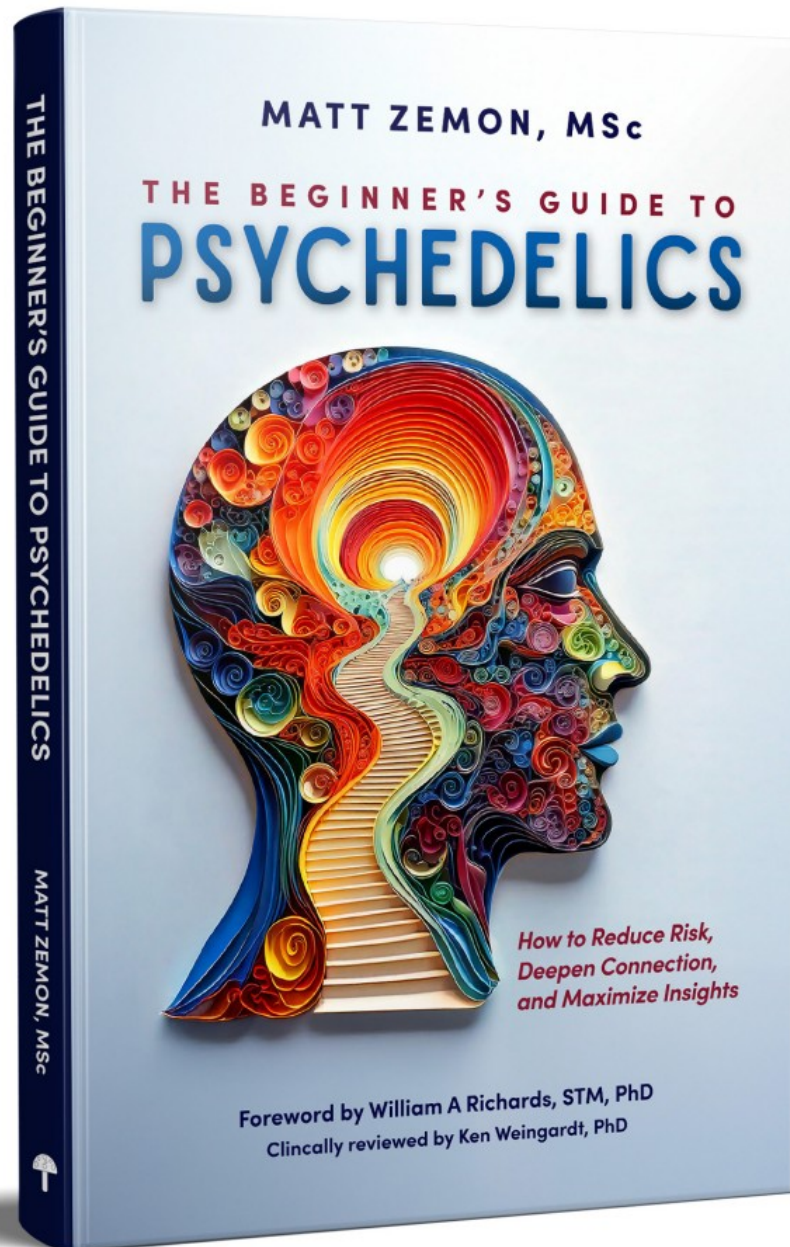


New Release: Matt Zemon Launches The Beginner's Guide to Psychedelics — A Step-by-Step Resource for Healing and Growth

With psychedelic therapy gaining renewed mainstream attention, this guide meets a growing need for accessible, responsible, and heartfelt education.



Chapel Hill, North Carolina Apr 2, 2025 ([Issuewire.com](https://www.issuewire.com)) - [Matt Zemon, MSc](#), best-selling author and educator in psychedelic wellness, proudly announces the release of his newest book, [The](#)

[*Beginner's Guide to Psychedelics*](#), available immediately on Amazon.com. This accessible and research-informed workbook offers a step-by-step approach to preparing for, navigating, and integrating psychedelic experiences. A Therapist/Coach Edition will follow soon.

Both practical and compassionate, *The Beginner's Guide to Psychedelics* is designed for those seeking healing, insight, and deeper connection. Backed by clinical expertise and grounded in both science and spirituality, the guide empowers individuals to engage with psychedelics intentionally and safely. Contributions from clinical psychologist Ken Weingardt, PhD, ensure the book is evidence-based and trauma-informed.

Endorsements from Leaders in the Field

"Provides clear, thoughtful direction for newcomers looking to explore the healing and transformative power of psychedelics." — **James Fadiman, PhD, Psychedelic Researcher, Co-author of *Microdosing for Health, Healing, and Enhanced Performance***

"An excellent resource for those seeking new avenues for healing and growth." — **Matthew W. Johnson, PhD, Senior Researcher, Sheppard Pratt Center for Psilocybin Research**

"A wonderful resource for those ready to explore the therapeutic and transformative potential of these ancient medicines." — **Dennis McKenna, PhD, President, McKenna Academy of Natural Philosophy**

*"Drawing on decades of research and collective wisdom, and including necessary cautions, *The Beginner's Guide to Psychedelics* provides a structured yet flexible framework for using these substances more safely to explore one's inner landscape."* — **Bob Jesse, Guiding force behind the contemporary re-emergence of psychedelics and co-author of foundational research at Johns Hopkins**

"Distills complex science, ancient wisdom, and modern best practices into a clear, accessible guide that demystifies the journey." — **Jesse Gould, Founder, Heroic Hearts Project; Former Army Ranger**

"This book is a true act of love, guiding readers toward healing, self-discovery, and peace." — **Spring Washam, Co-founder, Spirit Underground Liberation Project**

What's Inside The Guide:

- **Access & Safety Guidance** – Understand the risks, benefits, and realities of accessing psychedelics in today's evolving landscape
- **Preparation & Intention Setting** – Cultivate clarity, safety, and purpose before your journey
- **Journey Trackers** – Capture insights, emotions, and symbolic experiences during or after your journey
- **Four-Week Integration Program** – Structured reflections and exercises to support long-term healing and transformation
- **30-Day Gratitude Journal** – Daily prompts to reinforce positive habits and enhance neuroplasticity

“This book is more than a guide—it’s an invitation to approach psychedelics with intention, safety, and reverence,” said Matt Zemon. “By making this resource widely accessible, we hope to empower people at all stages of the journey to engage with these powerful tools for healing, growth, and transformation.”

“As a clinician and psychedelic facilitator, I’ve seen firsthand the profound impact these medicines can have on mental health and well-being,” said Ken Weingardt, PhD. “This guide offers the practical tools needed for a meaningful, safer, and more effective experience.”

About the Author

Matt Zemon, MSc, is a leading voice in psychedelic wellness and author of the best-selling *Psychedelics for Everyone, Beyond the Trip*, and *The Veteran’s Guide to Psychedelics*. With a Master’s in Psychology and Neuroscience of Mental Health, Matt bridges modern science with ancient traditions to help individuals approach psychedelic work with clarity, reverence, and care. His work supports veterans, clinicians, and spiritual seekers in accessing these tools for meaningful transformation.

About the Clinical Reviewer

Ken Weingardt, PhD, is a licensed clinical psychologist and certified psychedelic-assisted therapist. Formerly on faculty at Stanford and Northwestern medical schools, Ken is currently the Director of Training and Education at [Heroic Hearts Project](#), and has authored over 60 peer-reviewed publications.

Support Your Practice or Community with Bulk Orders and Licensing

Retreat centers, facilitators, therapists, and coaches can purchase *The Beginner’s Guide to Psychedelics* in bulk or license it for branded, private-label use. To inquire, visit [MattZemon.com](#).

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