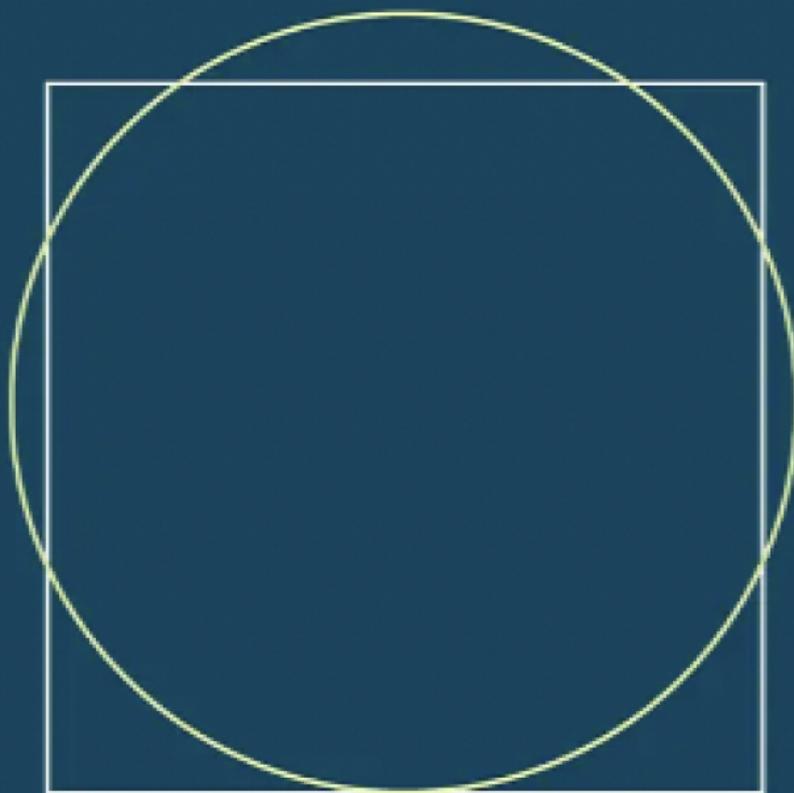


Dr. Katelyn Lehman Announces The Coherence Journal and The Coherence Method Book

Dr. Katelyn Lehman, clinical psychologist, researcher, and thought leader in emotional regulation and human coherence, is proud to announce the release of The Coherence Minute Journal and her upcoming book in May 2026.

the coherence journal



A Daily Ritual in Embodied
Compassionate Action

Dr. Katelyn Lehman

Los Angeles, California Feb 22, 2026 ([IssueWire.com](https://www.IssueWire.com)) - Clinical psychologist, researcher, and emotional resilience expert **Dr. Katelyn Lehman** is proud to announce the upcoming release of **The Coherence Journal** and her companion book, **The Coherence Method**, both scheduled for release in **May 2026**.

Together, the book and journal introduce a practical, science-informed approach to creating more clarity, calm, and emotional alignment in everyday life. Rooted in clinical insight, emotional intelligence, and compassionate action, Dr. Lehman's work offers readers a grounded framework for navigating stress, improving decision-making, and reconnecting to what matters most.

At the heart of the journal is its guiding message: **One minute. One choice. One coherent day.** Designed for real life, **The Coherence Journal** helps readers reset and reconnect in just one minute a day. Unlike traditional journals that can feel overwhelming or difficult to maintain, this journal is intentionally simple, supportive, and sustainable, making it easier to stay consistent even during the busiest seasons of life.

Created for high performers, professionals, caregivers, and anyone feeling stretched by the pace of modern life, the journal offers 365 daily entries that provide year-round support through a one-minute format designed to reduce resistance and build consistency. Its guided prompts focus on choice, priorities, care, connection, coherence reset, and end-of-day reflection, all within a premium, calming design that features a clean layout and generous space for writing.

The companion book, **The Coherence Method**, expands on Dr. Lehman's core teachings with a deeper exploration of coherence, nervous system regulation, and embodied compassionate action. Together, the book and journal provide both the framework and the daily practice, giving readers a clear and compassionate path toward emotional resilience, meaningful alignment, and sustainable success.

"This work is about helping people return to themselves in a practical and compassionate way," said Dr. Katelyn Lehman. "The book offers the framework, and the journal brings it to life, one minute, one choice, one coherent day at a time."

The Coherence Method and **The Coherence Journal** will be released in **May 2026**. Additional announcements, preorder details, and media appearances will be shared soon.

About Dr. Katelyn Lehman

Dr. Katelyn Lehman is a clinical psychologist and researcher whose work focuses on coherence, nervous system regulation, emotional resilience, and embodied compassionate action. She is the creator of **The Coherence Method** and is dedicated to helping individuals and organizations build stronger internal foundations for clarity, connection, and sustainable success.

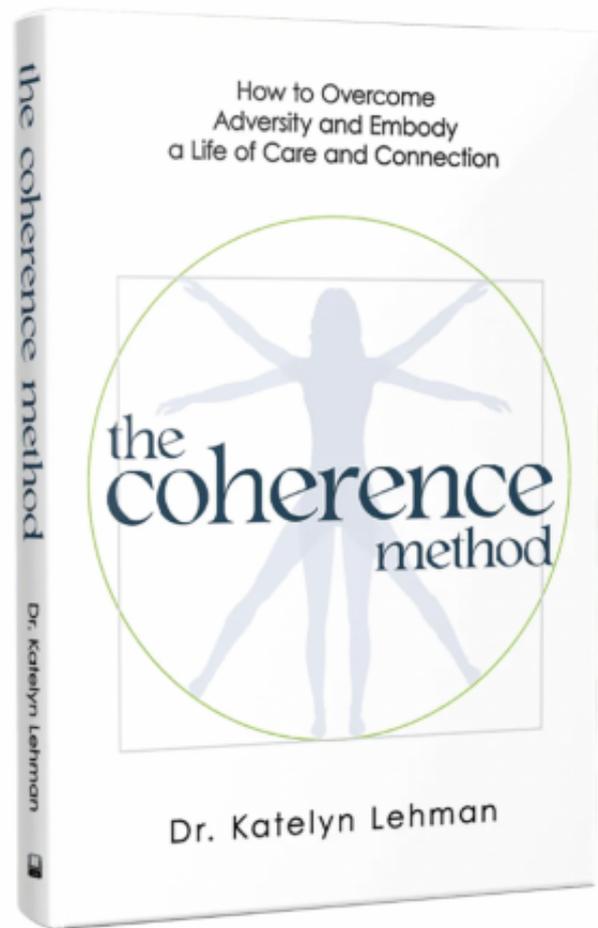
Media Contact

Jonathon Brine

Ultimate Publishing House

publisher@ultimatepublishinghouse.com

ultimatepublishinghouse.com
drkatelynlehman.com



Media Contact

The Ultimate Publishing House

*****@ultimatepublishinghouse.com

Source : The Ultimate Publishing House

[See on IssueWire](#)