



The Somatic Reset

Blurb

In *The Somatic Reset*, Nand Agarwal introduces a clinical roadmap to Felt Safety. By decoding your body's ancient surveillance system, you will move past "coping hacks" and learn to navigate three distinct biological states:

- The Green Zone (Safety): How to anchor in connection, play, and cellular repair.
- The Yellow Zone (Mobilization): How to discharge "Tired but Wired" energy before it turns into chronic burnout.
- The Red Zone (Shutdown): How to melt the "ice" of numbness, brain fog, and dissociation.

Author Nand Agarwal, **Genre** Self-Help, **Date** January 2026, **Formats** Paperback and ebook, 30 pages (Paperback)

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