

Sohini Rohra

COUNSELLING PSYCHOLOGIST · MUMBAI

Sohini Rohra is a counselling psychologist, author, and mental health advocate. She holds a Master's degree in Counselling Psychology and a Postgraduate Diploma in Integrative Counselling Psychology.

She is the author of *Cancelled to Crowned*, an Amazon bestseller, and her second book, *The Hope Habit*, explores the psychology of hope and its role in helping people navigate uncertainty, adversity, and emotional change.

As a counselling psychologist, Sohini's areas of expertise include anxiety, self-worth, emotional regulation, and psychological resilience. Her work focuses on making mental health conversations more accessible, nuanced, and relevant to everyday life.

She is also the host of *Cancelled to Crowned with Sohini*, a mental health and conversations podcast that explores personal stories, emotional struggles, resilience, and transformation.

Sohini has been featured across leading Indian media publications and has contributed numerous articles to prominent national platforms on mental health, psychology, relationships, self-worth, and emotional well-being.

Through her writing, psychology work, and public conversations, Sohini brings together psychology and lived experience to examine one of the most fundamental human capacities: the ability to find and sustain hope, even in difficult times.



Say hello

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6,000+

CLINICAL HOURS

2

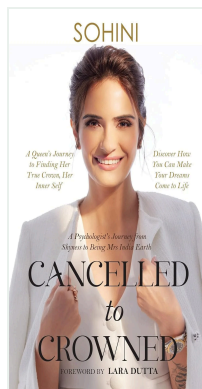
BOOKS

13

PODCAST EPISODES

Featured in

Femina · Grazia · The Times of India · The Post India · Business Standard



Cancelled to Crowned — A Journey of Resilience and Reclaiming Strength

A memoir about the things that try to cancel us, and the quiet strength that comes from surviving them. Raw and honest, it is written as an act of advocacy — so that anyone sitting with their own silence knows they are not alone in it.

Published 2024 · Embassy Books
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Foreword Lara Dutta
Buy <https://amzn.in/d/1tpEOuX>

What reviewers say

“Sohini's Book 'Cancelled To Crowned' is a powerful exploration of resilience and personal growth.”

Dr. Marshall Goldsmith — Thinkers 50 #1 · NYT bestselling author of Earned Life, Triggers & What Got You Here Won't Get You There

“Sohini's memoir is a thrilling journey through life's ups and downs, filled with laughter and tears. As someone who loves making people smile, I've found that humor has a magical way of easing pain's grip. Sohini beautifully highlights how humor can be our best buddy through testing times.”

Maniesh Paul — Indian actor, Bollywood anchor & host

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