



PRWeb: Art and Entertainment Books





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The Real Deal on Why the Gluten-free Diet is so Popular

Consumers interested in understanding why the gluten-free diet is so popular will find help in the form of a new video and tip sheet from motivational speaker and cookbook author, Lisa A. Lundy, which you can download free from her website.

Buffalo, New York (Vocus) July 17, 2009 -- The fact that JWT, one of the largest advertising agencies in the world, listed [gluten-free](#) as one of the 90 things to watch in 2009 caught some people by surprise. Market research companies have been marking the upward trend in gluten-free retail sales with growth at annual rate of more than 25% for the last eight or more years. Gluten-free products are predicted to be a \$1.7 billion industry by next year up from \$210 million in 2001. Motivational speaker and Allergy & Celiac Cookbook author, Lisa A. Lundy, offers consumers a new video explaining some of the reasons why the gluten-free diet is exploding in popularity which you can [view here](#) and a new document on the same subject that you can download from her website at www.TheSuperAllergyCookbook.com.

One of the reasons for an increase in the use of a gluten-free diet is an increased awareness of both celiac disease and gluten intolerance. Both celiac disease and gluten intolerance use a gluten-free diet. Celiac disease is an autoimmune disease that affects about 1% of the U.S. population. Gluten intolerance is estimated to affect between 18 and 20 million Americans. In the U.S. 97% of the people who have celiac disease do not yet know that they have it according to the University of Chicago Celiac Disease Program. As with any disease, early diagnosis can prevent unnecessary health complications like cancer and neurological disorders. The total U.S. healthcare cost for all untreated celiacs is estimated to be between \$14.5 and \$34.8 billion per year.

"It is very important that consumers get tested for celiac disease before they go on a gluten-free diet," Ms. Lundy stated. "The mistake I made, which happens to be one of the most common mistakes, is to go on a gluten-free diet without getting tested. Once you feel better, then you never want to start eating gluten." Testing for celiac disease is a celiac panel blood test often followed by a small bowel biopsy. Lundy's middle child has celiac disease and is lactose intolerant. Her other two children also have food allergies and sensitivities.

Lundy's cookbook, "The Super Allergy Girl™ Allergy & Celiac Cookbook -From A Mother Who Knows™", is a gluten-free, casein-free, dairy-free, egg-free, peanut and tree-nut free and other allergen-free resource to help people on a gluten-free, GF/CF diet, or allergy-restricted diet. As a cookbook, it is a powerhouse of information on special diets, how to save time and money, special ingredients to make life with food allergies, celiac disease and special diets easier, special tools worth knowing about, and many other relevant topics. Lundy has been in the food allergy and celiac areas for ten years. She teaches baking classes and helps restaurant owners become allergy and celiac savvy and is an accomplished public speaker.

Her highly praised book is available at www.TheSuperAllergyCookbook.com. She is passionate about helping people be empowered in the area of food and wellness and about helping people live a great life.

Size: 6" x 9"

Pages: 405 pages

Soft Cover, Perfect Bound



ISBN#: 978-0-9797542-0-3

Price: \$28.95

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You can read the online version of this press release [here](#).



LifeTips Author P.J. Campbell Demystifies Book Marketing

LifeTips.com, Inc., offers its highest praises to publishing authority, P.J. Campbell, author of LifeTips Books' 101 Author Tips: Creating a Successful Book Campaign. While Campbell is one of many authors writing for LifeTips, she stands alone in her level of success, and she's now sharing her expertise with the masses.

Boston, MA (PRWEB) July 18, 2009 -- LifeTips.com, Inc., offers its highest praises to publishing authority, P.J. Campbell, author of LifeTips Books' 101 Author Tips: Creating a Successful Book Campaign. While Campbell is one of many authors writing for LifeTips, she stands alone in her level of success, and she's now sharing her expertise with the masses.

Campbell started her career with the hope of discovering what it takes to become a successful author. Fifteen years later, as a published author, Director of Events for a major trade publisher, and an author consultant, it's safe to say that she's uncovered a few secrets.

"Through my experience I have developed a keen sense of how an author can achieve a winning book campaign. It includes publicizing, marketing, and positioning both who you are as an author and what your book is about, plus one other essential ingredient: PASSION." --P.J. Campbell

Already a LifeTips Book Series record breaker, 101 Author Tips: Creating a Successful Book Campaign is an essential guide to the post-publication process. Her clear, concise, and compelling advice is condensed into 101 easy-to-read tips on everything an author, novice or professional, needs to know to organize a successful book campaign.

"In 101 Author Tips: Creating a Successful Book Campaign, P.J. Campbell reminds aspiring authors that, once your book is written and published, you're nowhere near finished with it--that aside from being your labor of love, a book is a commodity that should pay the bills," said Holly Bauer, Book Publisher at LifeTips. "Many of us assume that the publisher takes care of the actual selling of a book, but this is only partly true. P.J. teaches us that, while most publishers do have a hand in the promotion of their books, there are myriad steps that authors can take to complement and enhance these efforts."

In August, Campbell will embark on a tour of summer speaking engagements across the country. Each stop will highlight the points of her book and give audiences more insight into her enthusiasm for publishing.

Her scheduled engagements:

- 8/1: Long Island Authors Group workshop
- 9/12: Book Passage, Corte Madera, CA Writers' Workshop
- 10/10: St. Louis Big Read Book Festival
- 10/20: Oceanside Library, Oceanside, NY

Learn great publishing tips from P.J. Campbell at Publishing.Lifetips.com



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La Rabida's Chicago Child Trauma Center Hosts National Conference to Help Heal Emotional Wounds

La Rabida's Chicago Child Trauma Center is the local host of an annual Face to Face Meeting of the National Child Traumatic Stress Network and the Partnership with Youth and Families Committee on July 20 and 21, 2009. Held Hostage author Michelle Renee will kick off the conference on Sunday, July 19, with a book signing before the Lifetime Movie Network premier of the screen adaptation.

Chicago, IL (PRWEB) July 18, 2009 -- La Rabida's Chicago Child Trauma Center is the local host of an annual Face to Face Meeting of the National Child Traumatic Stress Network and the Partnership with Youth and Families Committee on July 20 and 21, 2009.

Held Hostage author Michelle Renee will kick off the conference on Sunday, July 19, with a book signing before the Lifetime Movie Network premier of the screen adaptation.

Meeting

The two-day meeting, to be held at the University of Illinois' School of Public Health in Chicago, is drawing youth, families and trauma professionals from across the country. The meeting objective is to increase the leadership capacity of young people and caregivers following traumatic events such as violent crimes and sexual abuse.

Book Signing

Renee, an award winning author and motivational speaker, joined the efforts of the National Child Traumatic Stress Network after she and her daughter sought healing in a member trauma center following their kidnap and hostage ordeal.

In 2006, Renee penned *Held Hostage: The True Story of a Mother and Daughter's Kidnapping*, a harrowing account of their 14-hour kidnap and hostage real-life drama. The book went on to win national recognition and the Lifetime Movie Network purchased the rights. The book signing will be in the restaurant Affinia Hotel Chicago, 166 East Superior, at 4 p.m., and the movie starts at 6 on the Lifetime Movie Network Channel.

"A key aspect of the book and movie is the depiction of emotional damage in the aftermath of violence, abuse and other trauma for both youth and adults," said Renee.

In 2008, she added her story of survival to Survivor Wall of La Rabida's Chicago Child Trauma Center. Her image rests along side other notable survivors Media Giant Oprah Winfrey, Author Maya Angelou and the Commissioner of Chicago's Department Of Mental Health, Dr. Terry Mason.

For more information about the book signing, contact Vikki Rompala at 773.374.3748, ext. 2230.

Chicago Child Trauma Center

La Rabida's Chicago Child Trauma Center serves inner-city African Americans and other Chicago-area children



from ages 3 to 18 exposed to traumatic events including medical trauma, sexual abuse, witnessing violence, and complex trauma.

The CCTC is a Community Treatment Services site of the National Child Traumatic Stress Network (NCTSN). Now serving more than 400 children per year, the center also adapts and disseminates evidence-based NCTSN interventions for urban African-American children; collaborates on developing new treatment models; provides outreach, training, and consultation to child services system stakeholders on the effects of trauma; and works with fellow NCTSN workers to explore the links among race, urban poverty, and trauma.

The CCTC is the only agency in Chicago that specializes in trauma-focused assesment and psychotherapy for the full range of potentially traumatic events experienced by children.

La Rabida Children's Hospital provides comprehensive care for children who are chronically ill with lifelong medical conditions, developmental disabilities and those who have been abused. Located on the shore of Lake Michigan at Jackson Park, La Rabida has served the children of Chicago for more than 110 years.

<http://www.larabida.org>

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You can read the online version of this press release [here](#).

Disaster Readiness Made Easy

Consumers interested in being ready for a natural disaster or emergency will find help in the form of a new video and tip sheet from motivational speaker and cookbook author, Lisa A. Lundy, which you can download free from her website.

Buffalo, NY (Vocus) July 17, 2009 -- Nearly half the people in the U.S. (47%) believe they will personally experience a major disaster such as a terror attack or a catastrophic weather emergency within the next five years, yet despite that fact only one-third (34%) of Americans have started preparing or are prepared for a major disaster according to The American Preparedness Project completed in 2007 by Columbia University Mailman School of Public Health and The Children's Health Fund. According to the 2009 World Disasters Report, more people in the Americas were affected by disaster than any year in the previous decade. Consumers interested in getting prepared can find help from a new [short video](#) and downloadable tip sheet from www.TheSuperAllergyCookbook.com offered by motivational speaker and Allergy & Celiac Cookbook author, Lisa A. Lundy.

One group advocating that U.S. consumers be prepared is the American Red Cross, a charitable organization - not a government agency that shelters, feeds and counsels victims of disasters. The American Red Cross provides a variety of Fast Facts that you can download from their website, www.RedCross.org, on power outages, chemical emergencies, drought, earthquakes, fires, floods, heat waves, hurricanes, mudslides, pandemic flu, pet safety, terrorism, tornadoes, thunderstorms, wildfires, and more. Funding and manpower for this valuable organization comes from the generosity of the American public and volunteers. In addition to natural disasters, this year consumers have the issue of the H1N1 flu to be concerned with as well as the traditional flu.

The Federal Emergency Management Agency or FEMA is part of the U.S. Department of Homeland Security (DHS) as of March 1, 2003. FEMA's primary mission is to reduce the loss of life and property and protect the Nation from all hazards, including natural disasters, acts of terrorism, and other man-made disasters.

FEMA offers an in-depth guide to citizen preparedness titled 'Are You Ready?' (IS-22), which is their most comprehensive source on individual, family and community preparedness. 'Are You Ready' is available in a Facilitator Guide (IS-22FG) for those interested in delivering the content of 'Are You Ready' in a small group or classroom setting. Copies of both of these publications are available through the FEMA publications warehouse (1.800.480.2520).

Lundy recommends those families with infants and children, the elderly, people with food allergies, celiac disease or gluten intolerance, or special food needs and individuals with health issues to follow the advice of The American Red Cross and FEMA and get an emergency kit together. "Putting together an emergency kit can be fun and exciting. It does not have to be a chore," said Lundy who has had an extensive emergency kit for about nine years and who believes in having fun in life. "You can find all the information you need to be safe and make up a kit FREE from the American Red Cross or FEMA websites," Lundy added.



As the author of The Super Allergy Girl™ Allergy & Celiac Cookbook, a gluten-free, dairy-free, egg-free, peanut-free and tree nut and other allergen free cookbook, Lundy knows that when disasters hit people with food allergies, food intolerances, or celiac disease are on their own. She feels so strongly about this topic that she mentioned it in her cookbook. Her book is available at www.TheSuperAllergyCookbook.com.

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No Fangs. No Claws. No Blood. Love Story Features Michigan's Upper Peninsula And Virginia Naval Port

Men Among Sirens takes readers from military hub of Virginia Beach, across the Mackinac Bridge, to the lakefront villages of Michigan's Upper Peninsula, in love story spanning twenty years

Hampton Roads, Virginia (PRWEB) July 17, 2009 -- Virginia author Jennifer Olmstead has published her debut novel, *Men Among Sirens*, through Booksurge Global Publishing Services. The contemporary love story is set in Virginia Beach, Virginia and Michigan's Upper Peninsula, and is now available in hardcover and trade paper formats at amazon.com, target.com and select retail locations.

"Both regions are distinctively beautiful, and provide the ideal backdrop for the subject matter and characters in *Men Among Sirens*," the author explained. "I don't think the story could have taken place anywhere else. The Upper Peninsula, especially, is an unknown jewel to most outsiders. I hope the book reflects, at least to some degree, the unique quality of that region. Virginia Beach is seen by the world as a summer beach town--a tourist destination, but to most residents, the heart of the area is actually its dedicated military presence. Aircraft carriers and fighter jets are constant reminders of the human element at risk in conflict--the fragility of life. The characters in *Men Among Sirens* are touched by these issues."

The discovery of an explosive family secret launches bride-to-be Ruby Bohan and her mother, Ainsley, on an emotional, twenty-year journey of love, loss and redemption, traversing Michigan and southern Virginia and stirring the question: Should sins long forgotten be forgiven?

Men Among Sirens opens several days before the marriage of a young Virginia woman named Ruby Bohan. While making final preparations for her wedding, Ruby stumbles upon a decades-old secret with the potential to devastate her entire family--including her disabled father and favorite adoptive uncle. Ruby's confrontation with her mother, Ainsley, forces Ainsley to reveal the true story of her own past, beginning twenty years earlier with a troubled marriage, the tragic death of her brother, a U.S. Navy fighter pilot, and an illicit encounter, all of which take place between Virginia and the family's summer home in Michigan. Once Ainsley's story is complete, the Bohan family tree is shaken to its roots, and the burden of truth passes from mother to daughter. Ruby's happiness, and that of the people she loves, rests in her youthful hands. She has three days to decide how to act on her newfound knowledge, and her choices will either hold her family together or tear it apart--and, perhaps, in the process, give her mother one last chance at love.

Warning: Reading *Men Among Sirens* may restore your faith in the power of love, cause you to question some of the leaves on your own family tree, or result in a sudden craving for an I LOVE JET NOISE sticker, a pasty, some Trenary Toast, or a trip to Kitch-iti-kipi, even if you're not quite sure what any of these things are--yet.

Jennifer Olmstead was born in Danville, Pennsylvania and educated at Chatham College and the University of Pittsburgh. A former non-profit marketing executive, she lives in rural Virginia.



To contact the author, call 757.403.2617 or visit: <http://www.jenniferolmstead.net> for more information.

Men Among Sirens: Trade Paper ISBN-13: 978-1439236840 / ISBN: 1-4392-3684-4

Hardcover ISBN-13: 9781439242764 / ISBN: 1-4392-4676-9

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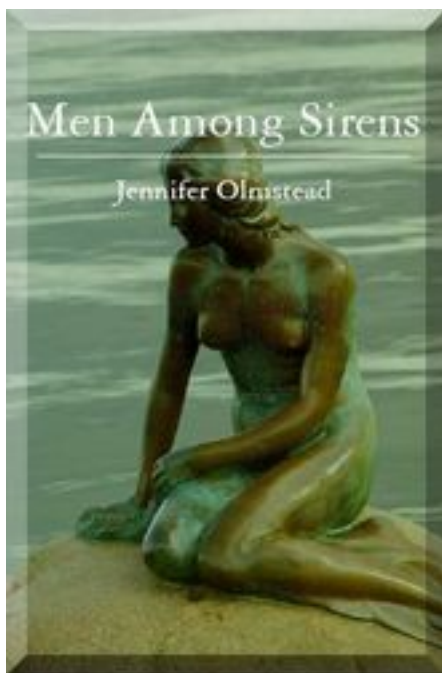
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News Image



Former Admiral Kikareas a Painful Humble Worker for Peace, Announces Today that he has Clear Evidence that the End of this World is Very Close

Admiral P. Kikareas, President of the World Foundation of Peace and Security, has devoted his life for peace and security among humanity. This time he publicizes his painful testimony as a humble worker of peace who has clear evidence that our society is very close to a world catastrophe.

Orlando, FL (PRWEB) July 17, 2009 -- Admiral P. Kikareas, President of the World Foundation of Peace and Security, has devoted his life for peace and security among humanity. This time he publicizes his painful testimony as a humble worker of peace, because he has clear evidence that we are very close to a world catastrophe.

Kikareas testimony below provides very clear his evidence that the last days are very close.

"I feel every single day that the end of this world that we live in is coming fast.

"Our Heavenly Father has led me through a myriad of narrow paths and threats and used me as His messenger and humble worker to pass His message and ways for the violence to stop.

"For His Peace to come back on the earth and the people to start communicating and stop killing each other.

"For many years he was always present to lead me what and where to go and say. For some time now he has disappeared and I feel that His Grace is leaving away for the evil to destroy the humanity.

"There is no mission for me anymore, except to pray to Him to change His mind, and Send our Messiah Jesus Christ to come in Glory and all the knees to bend in front of Him for the last chosen not to be lost.

"Unfortunately no one is listening, the evil has been too much and the ego of the humanity thinks that is self-sufficient, or glorify Satan who presents himself as the God of Light.

"The hate and the grid of the people. The so-called soldiers of God, who kill thousands of innocent without mercy. The international organized crime. The crazy extreme leaders. The corrupt governments. The too many careless people, who have become flesh and lifestyle only, living without any soul power to fight for the will of God to come upon the earth. The too many atheists and the human rights, which have overpassed the basic commandments of God, have exiled God from the earth and we are left with ghosts and garlic.

"I was sent by Him and tried my best to pass His message where he was sending me to, but no one could really listen.

"I grieve for the millions of dead, for the humanity that will be destroyed, for the souls that will be lost before to understand like in Nineveh where Jonah preached and they repented and saved, but it will be like in the times of Noah for the most...



"His Grace has abandoned us to our self-destruction, the days are counted, and I have not other mission than pray.

"The last we may do and brink His Grace back, is to repent, to change our ways of thinking and all pray from the bottom of our heart 'Oh Lord Jesus Christ Have merci on us', and as in the revelation of John is written, 'Oh Lord Jesus Christ come fast'."

Peter Kikareas

"A humble messenger of God."

The World Foundation for Peace and Security was created by Admiral P. Kikareas to help serve the world and consult governments, finding best solutions for crisis management problems, and also creating ways to avoid major catastrophes.

"Our Lord Jesus Christ, have mercy on us," says Peter Kikareas, Admiral retired.

The World Foundation for Peace and Security requests your assistance and donation for this major task to be flourished. For more information, please call 1-407-970-9423.

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InventHelp® Client Invents Plush Toy to Help Promote Reading and Writing Among Children

InventHelp®, America's leading inventor service company, announces that one of its clients, an inventor from Suwanee, Ga., has designed a plush elephant that would hold a journal to encourage children in reading and writing. This invention is patented and a prototype available.

Pittsburgh, PA (PRWEB) July 17, 2009 -- InventHelp®, America's leading inventor service company, announces that one of its clients, an inventor from Suwanee, Ga., has designed a plush elephant that would hold a journal to encourage children in reading and writing. This invention is patented and a prototype available.

The "Thinker" would provide an entertaining way to promote reading and writing, and could help to improve children's literary abilities. It would be suitable for use as a toy or decoration, and could offer amusement and comfort to children as well as being an educational tool.

The invention would resemble a soft, plush elephant with a stomach pouch to hold the journal. The elephant's color and accessories could be coordinated to appeal to both boys and girls. The journal would contain 90 pages for writing, doodling or drawing. Each journal page would feature a picture-frame-type box in which the child could draw a picture, and the opposite page would feature lines so that a child could write about the picture. According to the inventor, The Thinker could also be used by diabetic children. The journal could be produced in a variety of colors, sizes and shapes, as well as in a scented version or a version with the child's name stitched into it.

InventHelp® is attempting to submit the invention to companies for review. If substantial interest is expressed, the company will attempt to negotiate for a sale or royalties for the inventor. For more information, telephone Dept. 07-AAD-208 at (800) 851-6030. Learn more about InventHelp® and their Invention Submission services at <http://www.inventhelp.com>.

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You can read the online version of this press release [here](#).



San Rafael Resident Publishes Translation of French Novel

In this novel, five Parisians ponder life during a three-day stay at a dreary Italian resort.

(PRWEB) July 17, 2009 -- San Rafael resident Ann Lenore Derrickson has published an English translation of *The Little Horses of Tarquinia* by Marguerite Duras, originally written in French. Derrickson has stepped outside her normal scholarly precincts with this book. Up to now, she has worked thoroughly within the canon of English literature, writing and presenting poetry and papers on Shakespeare's Ophelia, Yeats, Virginia Woolf, and the medieval Gawain poet, among others, at such venues as Comitatus, The National Book of Poetry, The Philological Association of the Pacific Coast, and the Modern Language Association.

This scholarly reputation has been fully earned. Born in St. Louis, Missouri, Ann Derrickson earned her B.A. from Harvard University and her M.A. and Ph.D. from the University of California at Berkeley. Now she is moving into working with modern European fiction, a major shift in fields. Asked why she selected this book, she said, "The themes interest me and make it a good work to translate."

In this careful translation, five Parisians spend an interminable three days of their vacations at a dreary Italian beach resort. There is nothing to do but talk, drink bitter Camparis, and contemplate (or perhaps consummate) a love affair or two. As the days wear on, they imperceptibly change some of their beliefs, from "For some time I have not liked the idea of changing the world at all costs" to "But certainly it is necessary to change the world," concluding with "There are no vacations from love....Love, it is necessary to live it completely with its boredom and everything; there are no vacations from that."

The Little Horses of Tarquinia is a 148-page paperback with a retail price of \$14.00. The ISBN is 978-1-4349-0196-5. It was published by Dorrance Publishing Co., Inc., of Pittsburgh, Pennsylvania. For more information please visit our virtual press room at www.dorrancepressroom.com or our online bookstore at www.dorrancebookstore.com.

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You can read the online version of this press release [here](#).



Rockwall, Texas Resident Publishes New Medical Murder Mystery

Unexplained deaths plague a teaching hospital in this thrilling novel.

(PRWEB) July 17, 2009 -- Prescription to Kill, a new medical murder mystery, has just been published by Rockwall, Texas author Elizabeth Sellers. Ms.Sellers has been an R.N. working in Texas hospitals for quite some time. Here her intimate knowledge of the medical world creates a fully realized cast of characters who call a hospital their home away from home, and she brings the reader behind the white curtains to see what they see....

MEDICAL MYSTERY!

In a large teaching hospital in Dallas, Texas, the neurosurgery department has the usual mix of new and old interns with their usual mix of problems, but it also has a couple of unexpected and unexplained deaths....

MEDICAL MAYHEM!

Joan Murdock, first-year neurosurgery intern, can't save the life of a good friend whose death simply doesn't make sense--or maybe makes too much sense....Next is a hospital pharmacist who perhaps knew too much....And then a grim attack on Joan herself....

MEDICAL MURDER!

The method's unusual; the motive's chilling. Add to the potent brew a couple of torrid love affairs and a secret drug addiction, and somebody's got a...

PRESCRIPTION TO KILL!

Prescription to Kill is a paperback book with a retail price of \$24.00. The ISBN is 978-1-4349-0166-8. It was published by Dorrance Publishing Co., Inc. of Pittsburgh, Pennsylvania. For more information, please visit our virtual press room at www.dorrancepressroom.com or our online bookstore at www.dorrancebookstore.com.

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Online Web 2.0 Version

You can read the online version of this press release [here](#).



San Diego BMW Motorcycles Presents an Evening with World Rider Allan Karl

San Diego BMW Motorcycles announced that they will be hosting a presentation and dinner, featuring renowned world rider Allan Karl Friday, July 17, 7PM, at the San Diego BMW Motorcycles' showroom in San Diego.

San Diego, CA (PRWEB) July 17, 2009 -- San Diego BMW Motorcycles announced that they will be hosting a presentation and dinner, featuring renowned world rider Allan Karl Friday, July 17, 7PM, at the San Diego BMW Motorcycles' showroom in San Diego.

Allan will talk about his adventure ride which took three years, through 35 countries and 62,000 miles. The event will also feature Karl's new book, "Dinner Served: Food From Around the World," with sample recipe plates from his new book.

Allan Karl is a writer, entrepreneur and photographer. He took a solo journey around the world that started on July 4, 2005 on his BMW F650 GS Dakar Series bike. The trip took him 847 days, 62,329 miles and 1,116.2 gallons of gasoline. Allan also raises awareness and donations for the UNESCO World Heritage Center.

Gary Orr, owner of San Diego BMW Motorcycles said, "We are happy to be able to present Allan Karl with a multimedia presentation of his journey and samples from his new cook book." San Diego BMW Motorcycles will host Allan Karl at their new showroom, conveniently located at 5673 Kearny villa road, San Diego, CA 92123. For reservations to the dinner and presentation, call (858) 560-Bike (2453).

Allan Karl's website is located at www.worldrider.com. San Diego BMW Motorcycles can be found online at www.sdbmwmc.com or, at their new location, 5673 Kearny Villa Road, San Diego, CA 92123, telephone (858) 560-BIKE (2453).

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Online Web 2.0 Version

You can read the online version of this press release [here](#).

Now on Kindle: How Apartheid Created Man-eating Lions

"The Man-eaters of Eden: Life and Death in Kruger National Park" is now available as a Kindle edition through Amazon.com. Author Robert Frump goes on an investigative safari in South Africa to discover why the lions of Kruger, docile in the daytime when tourists are present, turn into man-eaters at night when Mozambique refugees attempt to cross the park. He traces the problem to apartheid and examines why the problem exists today after apartheid's demise.

Summit, NJ (PRWEB) July 17, 2009 -- "The Man-eaters of Eden: Life and Death in Kruger National Park," a non-fiction book that explores the role of apartheid in human-animal conflict in South Africa, has been released on Kindle, Amazon's electronic book reader.

The book, first published in hardcover in 2006, tells the story of how author Robert Frump visited South Africa and learned by chance that some lions in Kruger National Park, considered the "Eden of South Africa," had turned to man-eating behavior.

Mr. Frump follows the trail of how this turn of events occurred, tracing them squarely back to the policies of apartheid. Apartheid ended in 1994 with the election of Nelson Mandela as president of South Africa. But the apartheid policies -- strict enforcement of immigration laws and the fencing of Kruger National Park -- continued.

Mozambican refugees, and now refugees from Zimbabwe, risk life and limb to enter South Africa, considered the "America" of Southern Africa. The situation is comparable to the US Mexican border -- if the US southern border contained more than 2,000 lions accustomed to killing and eating humans.

Reviews of the book have been positive. Publishers Weekly says, Frump "...balances first-person accounts of his travels in the Kruger and his attempts to literally walk in the same path as the refugees with sharp and fascinating portraits of Africans such as John Kohza, one of the first of what Frump calls 'the modern surge of refugees through Kruger' in the 1970s. Kohza's flight from the horrors of Mozambican famine and persecution is one of the book's emotional high points."

Book List says, "Frump's intention was to examine the problem of lions and refugees dispassionately, and in this he succeeds. The narrative style encompasses solutions for solving the problem. "

Robert Frump is a nationally recognized journalist who also has written "Until the Sea Shall Free Them" and "Two Tankers Down." He and Suzanne, his wife, live in Summit, NJ, and Dallas, TX.

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Contact Information

Robert Frump

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9084622665

Online Web 2.0 Version

You can read the online version of this press release [here](#).



SciFi's Ghost Hunters®, Roto-Rooter Launch New Bathroom Reader Book: Chilling Tales from the Porcelain Seat

Odd and humorous bathroom plumbing and toilet repair tales make for entertaining reading

Cincinnati, OH (PRWEB) July 16, 2009 -- Roto-Rooter, America's largest [plumbing repair and drain cleaning service](#) provider, has unveiled its latest creation to bring joy and relief to bathroom users everywhere. Chilling Tales from the Porcelain Seat is a vignette-style bathroom reader featuring real life Roto-Rooter plumbers and SciFi channel's Ghost Hunters Jason Hawes and Grant Wilson. Chilling Tales from the Porcelain Seat features strange but true tales of plumbing horrors, toilet problems and hilarity and is available for purchase at ChillyTales.com.

The idea behind the book stems from all the strange, odd, unexplained and simply weird plumbing, clogged drain and toilet repair experiences both the Ghost Hunters and other Roto-Rooter plumbers have witnessed over the years. "Many of the locations alleged to have poltergeists simply turn out to be plumbing problems, clanging pipes and DIY projects gone wrong," Hawes said.

Visit the Roto-Rooter blog to learn more about the book:

<http://blog.rotorooter.com/blog/roto-rooter/0/0/chilling-tales-from-the-porcelain-seat>.

"Chilling Tales from the Porcelain Seat highlights the odd experiences that many plumbers encounter on a daily basis," Hawes added. "Readers will be shocked to learn about some of the bathroom plumbing problems we've experienced on the job and we've even had folks from all across the country send in their own plumbing stories for the book. There are tales that will curl your hair, and others that are just so funny you can't help but belly laugh. It's a great way to spend some quality time on the throne."

The book is also filled with plumbing service repair tips, advice and what not to do's for do-it-yourselfers who may be looking to tackle a plumbing problem, although Hawes wryly admits that his best do it yourself plumbing advice is to call an experienced plumber. Chilling Tales features toilet trivia and even a special foreword by the Porcelain God himself.

Ghost hunting enthusiasts can also [enter Roto-Rooter's Chilling Tales Sweepstakes](#) for a chance to win a trip to Colorado where the winner will join Jason and Grant on a ghost hunt at the famous Stanley Hotel, the location for the filming of the movie The Shining, or the chance to stay at the haunted Spaulding Inn of New Hampshire, owned and operated by the Ghost Hunters stars. Other prizes will also be available.

About Roto-Rooter

Established in 1935, Roto-Rooter is the largest provider of plumbing and drain cleaning services in the United States and Canada. Roto-Rooter operates businesses in more than 115 company-owned territories and approximately 500 franchise territories, serving 90 percent of the U.S. population and 41 percent of the Canadian population.



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Online Web 2.0 Version

You can read the online version of this press release [here](#).

Living Without Milk Made Easier

A new video and tip sheet is now available to help people with milk allergies and lactose intolerance from motivational speaker and cookbook author, Lisa A. Lundy, which you can download free from her website.

Buffalo, NY (Vocus) July 15, 2009 -- The Got Milk? advertising campaign is a cleverly put together series of ad slicks in national magazines featuring celebrities that draws attention to a mainstay of nutrition in the American diet: milk. While milk contains vital vitamins and minerals like calcium, riboflavin and B vitamins, for the people who are highly allergic, just a little bit of milk can send them to the emergency room or worse. A new short video and tip sheet is now available from motivational speaker and allergy and celiac cookbook author, Lisa A. Lundy. You can download the tip sheet from her website, www.TheSuperAllergyCookbook.com or watch the [video here](#). Besides being found in food, milk can be found in small amounts in vaccines, drugs, household paints, school supplies like glue, nutritional supplements and even in some personal care products.

Medical experts estimate that milk allergies occur in 2% to 5% of babies with the majority of these infants outgrowing their milk allergy by 3 years of age. Between 30 and 50 million Americans are estimated to be lactose intolerant, a condition defined as the inability to digest lactose, a component of milk and other dairy products. Common symptoms of lactose intolerance include abdominal pain and bloating, gas, nausea, diarrhea, and watery stool. Milk allergy signs and symptoms can occur immediately after consuming milk or some time later and include wheezing, vomiting, hives, loose stools which may contain blood or mucus, diarrhea, abdominal cramps, coughing, runny nose and skin rashes. In people with severe milk allergies, ingesting milk can cause anaphylaxis, a life threatening reaction that requires prompt medical attention.

In addition to people with milk allergies or lactose intolerance, there has been for many decades parents and professionals who recommend special diets, often free of gluten and milk, to improve or resolve health concerns like ADD, ADHD, gastrointestinal issues, irritable bowel, depression, anxiety, behavior issues, learning problems, abdominal pain and bloating.

As a mother to a child who is highly allergic to milk, Lundy knows just how cautious you have to be since milk is often used as a filler in medications and in other products. Her cookbook, The Super Allergy Girl™ Allergy & Celiac Cookbook, is a gluten-free, dairy-free, egg-free, peanut-free, tree nut free and other allergen free resource for individuals with severe allergies as well as intolerances or sensitivities. "Just because a food is labeled non-dairy or lactose-free does not mean it is free of all milk proteins," Lundy said. "There can still be casein or whey or other milk proteins sufficient to cause a reaction in highly allergic individuals. People need to read food labels on a regular basis."

One product that Lundy typically recommends to people who have a milk allergy or who are lactose intolerant is DariFree™, a non-dairy milk alternative that is free of gluten, casein, fat, soy, rice, MSG, protein and cholesterol. It contains vitamins and as much calcium as milk. Unlike other non-dairy milk substitutes, DariFree™ is a dry powder, which makes it convenient for traveling and baking. DairFree™ is easily constituted with water and



tastes great. It is available from [Vances Foods](#).

Lundy's tip sheet is a handy one page reference that lists many of the common names for milk proteins or derivatives, which is designed for people who are new to having a milk allergy. Her website is rich with tip sheets, white papers, recipes and videos to help consumers live a great life despite any food issues. Lundy's three children all have some degree of food allergies and one has celiac disease. Her book is available at www.TheSuperAllergyCookbook.com.

Size: 6" x 9"

Pages: 405 pages

Soft Cover, Perfect Bound

ISBN#: 978-0-9797542-0-3

Price: \$28.95

Contact:

Ms. Lisa Lundy

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The Rooster Crows™

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Online Web 2.0 Version

You can read the online version of this press release [here](#).



New Comic Book Stars U.S. President's Teenage Daughter As Secret Superheroine

Keenspot's "The First Daughter" previews at Comic-Con before premiering on iPhone App Store, other mobile platforms.

Apple Valley, CA (PRWEB) July 16, 2009 -- In *The First Daughter*, the new family-friendly comic book series from [Keenspot Entertainment](#), the Commander-in-Chief isn't the only one in the family with presidential powers. Attendees of next week's sold-out Comic-Con International: San Diego will get a sneak peek at the series, with the first 24-page full color issue available at the Keenspot booth (#1229) as a limited edition convention exclusive.

In the first issue, fictional first daughter Tasha Tasker learns her position calls for more responsibility than she bargained for when she begins to display amazing abilities after discovering a secret room in the White House basement.

His daughter's unusual situation adds to the many worries of presidential dad Brad Tasker, a character inspired in equal parts by Barack Obama and Arnold Schwarzenegger, who may know more about what's happening to Tasha than he's letting on.

The First Daughter may be the first comic book series to be produced specifically for the iPhone, with each panel drawn to display beautifully on its 320x480 screen without any cropping.

Publisher Keenspot Entertainment has had great success on the mobile platform with their reformatted comic titles like romantic comedy *Marry Me*, which accounted for the top three bestselling comic book issues on the iPhone App Store in March. That success spurred the company to produce *The First Daughter* as a made-for-mobile comic, with full issues debuting on the iPhone before they hit mainstream print publication.

Issue #1, scripted by Mike Rosenzweig and illustrated by Rob Nix, will be available as a free app download this fall, with subsequent issues priced at only \$0.99.

"*The First Daughter* is a fun, quirky, hopeful heroine for a new generation of comic fans," said Keenspot CEO Chris Crosby. "The buzz is unbelievably high for this one, we don't expect the Comic-Con limited edition issue to remain in stock for very long. Get there early!"

Writer Rosenzweig will be appearing at Keenspot booth #1229 throughout the convention, and will also be featured on Keenspot's 9th annual Comic-Con panel discussion Sunday, July 26th at 11am in ROOM 32AB.

Keenspot will be debuting a number of other titles at their Comic-Con booth, including convention-exclusive editions of *Dreamless*, *Crow Scare*, and *Sorcery 101* plus book premieres *No Pink Ponies Vol. 1*, *The Essential +EV*, *Accursed Dragon! Vol. 1*, *Zap! Vol. 2*, *Out There Vol. 3: Draft Picks*, and *Wandering Ones Vol. 2*.



ABOUT KEENSPOT ENTERTAINMENT

Celebrating its 10th anniversary next year, Keenspot Entertainment's stable of web properties include a network of more than fifty Keenspot-exclusive webcomic sites, in addition to #1 user-generated comics site ComicGenesis.com ("the YouTube of comics") which features over 10,000 independent webcomics. Keenspot also publishes books and other merchandise and produces animated shorts under the "Keentoons" label, and is represented by William Morris Endeavor Entertainment.

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Online Web 2.0 Version

You can read the online version of this press release [here](#).

Scott Fried's Message Resonates with Teens Around the World

Scott Fried, who has been HIV positive for more than 20 years, is launching a new tour directed to teens about abstinence, safer sex, self-mutilation, substance abuse and dozens of other timely issues facing kids today.

(Vocus) July 15, 2009 -- He's a speaker, an innovator and a great communicator who has earned the attention of thousands of teens in his travels across the U.S. and the world. [Scott Fried](#), who has been HIV positive for more than 20 years, has launched a new tour that speaks to teens about abstinence, safer sex, self-mutilation, substance abuse and dozens of other timely issues facing kids today.

Fried is preparing to release his newest book in September. He is the author of two other acclaimed books, "My Invisible Kingdom: Letters from the Secret Lives of Teens" and "Talking with Teens about AIDS, Love and Staying Alive." Fried's new book, "A Private Midnight: A Teenager's Scrapbook of Secrets" is a journal for teens, a scrapbook of anonymous answers to questions he has posed to thousands of his students.

Fried has earned accolades from dozens of leaders and organizations around the world for connecting with teens and impacting their lives.

Heidi Tarshish, program director of the Na-asesh V'nishma Program at the Temple Israel in Minneapolis, said that Fried addresses major social issues in a way that engages teens and young adults.

"The messages that he brings to our kids are about really valuing yourself so that you don't put yourself in high-risk situations," Tarshish said. "Kids really relate to him well. They appreciate him and they appreciate his honesty. They feel he's a genuine person who is interested in them."

Marc Gross, 30, met Fried while a teen camp counselor at the Jewish Community Center in Staten Island, N.Y. He credits Fried with helping him through "a difficult time" in his teen years.

"Scott taught me that I was someone...not just important, but also someone who deserved to be loved," he said. "He's the reason I'm proud to say that I waited to have sex. I decided that because he told me to treat my body as something of a temple. I won't let anyone in unless they respect who they are and have the same values."

Emily Lasner, 21, of Minneapolis, has known Fried for eight years. Through his books and speaking events, Fried has the uncanny ability to relate to teens and young adults that leads them to listen and take his words to heart, Lasner said.

"Scott is not only a teacher to teens around the world, but he serves as a hero and mentor for them, and he brings his unique gifts as a speaker and friend to teens and adults alike," she said.

Fried speaks to former President Bill Clinton's office of interns every year.



"I am grateful for Scott Fried's efforts to educate young people and the message of hope and support that he imparts to his audiences," Clinton said. "For eager young people, there is no greater opportunity than the chance to learn from a life devoted to the human interest and to realize the immeasurable dividends when one invests passion, optimism and commitment into his work."

Fried is available for media interviews and speaking engagements around the U.S. To contact Fried, visit www.scottfried.com or call 212.465.2646.

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Online Web 2.0 Version

You can read the online version of this press release [here](#).

Man's Memories of His Deceased Wife

Author's emotional book about his life and memories from the time he met his wife to the time that she passed away.

(Vocus) July 15, 2009 -- From courtship to marriage, marriage to children, children to sickness and sickness to death, Oliver wrote about his loving memories of Jeanette and the time they shared together. With the help from a journal he had kept over the years, Oliver was able to put his feelings, as well as accurate information, of all the experiences they shared in their life together in his book, "From Courtship to Memories."

Oliver and Jeanette were a very happy, and involved couple. They enjoyed their marriage of 56 years, and all the memories they had made together. They [were devoted to the church](#), volunteered their time to helping those who asked for it, and had a very healthy hand in their community. Unfortunately, all good things come to an end.

In the year of 2001, Jeanette fell ill and became hospitalized in 2006. During this time, Oliver was inspired to write about their life together. She was [diagnosed with tardive dyskensia](#), an incurable disease, and died from it. Though, that was not the end of all things. Oliver used the time he had spent with Jeanette to share with others who could value the kind of things that he had to share.

"Most all of the information in this book has come from experiences. I have been involved in a lot of activities from which I have reaped experiences. Many of them are recorded in my book." - Oliver Hance

Author prefers to be contacted by phone only. For more information call Oliver Hance at 713-816-2571

For more information on the book, visit his website at www.courtshiptomemories.com

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Online Web 2.0 Version

You can read the online version of this press release [here](#).



Public Relations Expert, Kimberly Monday of Monday & Associates is Awarded Exclusive PR Contract for Single to Soulmate: 8 Life Lessons to Help You Get There

Kimberly Monday, President of Monday & Associates a Public Relations firm located in Irvine and San Diego, CA, announced today that her firm has been retained with an exclusive agreement to provide the Public Relations outreach for a new book called Single to Soulmate: 8 Life Lessons to Help You Get There.

(Vocus) July 16, 2009 -- Kimberly Monday, President of [Monday & Associates](#) a Public Relations firm located in Irvine and San Diego, CA, announced today that her firm has been retained with an exclusive agreement to provide the Public Relations outreach for a new book called Single to Soulmate: 8 Life Lessons to Help You Get There. "I'm very excited to work with Ms. Harmer in the strategic Public Relations campaign that will be launched this month. Already the book is getting the type of exposure we hoped for including an article in Parent Magazine. We look forward to creating the awareness of the book through our expertise in the PR industry and media contacts," said Kimberly Monday.

Harmer explains, "I wanted a Public Relations Firm that had the same enthusiasm about my book as I have and Kimberly Monday certainly stuck out amongst the many agencies I interviewed. Kimberly Monday's PR knowledge and media relations were very important for the launch of the book."

Single to Soulmate is about Harmer's years of being a single mother of two children while working full-time in corporate America, Becky S. Wissbaum-Harmer gained great insight into the many issues facing women in the dating arena. In her honest, straightforward new book, "Single to Soulmate", she shares with readers her experiences in the dating scene and the mistakes made and the lessons learned.

"For years I continued in the pursuit of my soulmate. Through many experiences, I learned along the way that we each have the control to be in a fulfilling and loving relationship. In the process, I identified some changes that needed to be made in my behaviors and realistic expectations to truly understand what I wanted and needed in a committed relationship."

In "Single to Soulmate" It's All About How to Open Your Mind to the Emotional and Psychological Factors in the Dating World. Harmer kicks off each chapter with a look at actual situations that illustrate the most common "mistakes" and scenarios that typically prevent you from finding your soulmate.

As every chapter evolves, Harmer references each of her opening "scenarios" by explaining what has taken place from the most common mistakes through her own life experiences of finding true love. Harmer rounds out each chapter with insightful real life stories that give each reader the opportunity to evaluate his or her position in any or all of the dating games to love control wars.

"After over twenty years of watching the mistakes made by my friends and myself in the quest to find a soulmate, it was my mission to write a book that got to the heart of how it became a reality for me and I wanted to share it with others. It was also my goal to write a book for those going through the frustration and confusion of trying to



find their soulmate and a book to which they could relate," Harmer says. "I made a point of structuring the book so it would be a very private and personal experience, as well as a quick and easy read."

"Single to Soulmate: 8 Life Lessons to Help You Get There" was released in the beginning of this month, May 2009, with Vantage Press as the publisher. The book can be purchased for \$8.95 and is available on Amazon.com and Borders.com. For more information, please visit www.singletosoulmate.net.

About The Author: Becky was born in Eugene, Oregon, one of six children, and was raised in Portland. Her first marriage lasted ten years and produced a daughter and son. After over twenty years of being single, the author remarried in 2000. Between Becky and her husband they have seven children and nine grandchildren. Her interests include real estate, reading, writing, music and travel. The author currently resides in San Diego, California.

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Online Web 2.0 Version

You can read the online version of this press release [here](#).



Title Shares the Keys to Emerging Victoriously from Life's Trials

Author's book reflects God's love and offers hope to a hurting world

Longwood, FL (PRWEB) July 16, 2009 -- After suffering abuse at a very young age, Xulon Press author, Elaine C. Mount, lived through 16 years of panic attacks, fear and agoraphobia. A self-described "basket case" whose fears had tormented her mind for years, causing her to be housebound, Mount literally came through these trials victoriously by applying the truths found in the Word of God to her life.

In Mount's Xulon Press title, *Beyond the Mountain: One Woman's Journey to Discovering Absolute Truth* (\$11.99, paperback, 978-1-60647-528-7; \$19.99, hardcover, 978-1-60647-529-4), the author shows readers how to overcome these panic disorders and fears without medication, strong in the knowledge that God loves and protects them.

Says Mount, "I went from having low self-esteem in the worst way to becoming a confident woman who shares the love of God and offers hope to a hurting world. This is my joy! I [now] do speaking engagements and love the results that come from sharing my story."

Thus far, reports Mount, the rewards and feedback of sharing her experiences with others have been very humbling to her as an author. The book has already had so much interest around the country and she continually receives compliments on it all the time. "[Someone told me] 'I couldn't put it down!'" she explains. "That's a dream statement to all authors!"

Elaine C. Mount is retired from the Wilson County Schools, where she held various jobs as a bookkeeper, secretary, and registrar. She has been married to her husband, Glen, for 38 years, and they have two grown children and three grandchildren. She has been an active member at Hillcrest Baptist Church in Lebanon for many years.

About Xulon Press:

Xulon Press, a part of Salem Communications Corporation, is the world's largest Christian publisher, with more than 5,000 titles published to date. Retailers may order *Beyond the Mountain* through Ingram Book Company and/or Spring Arbor Book Distributors.

Contact:

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Online Web 2.0 Version

You can read the online version of this press release [here](#).



"Fifty-Two Words My Husband Taught Me," a Book about Love, Inspiration and the Constitution

With the 35th anniversary of the Nixon impeachment hearings (July 27) and Nixon's official resignation (Aug. 9) just around the corner, author and attorney Joy Rodino writes a poignant memoir about the wisdom she learned from her husband of 16 years, Congressman Peter Rodino -- an expert on the power and relevance of the Preamble.

Washington, D.C. (PRWEB) July 16, 2009 -- With the 35th anniversary of the Nixon impeachment hearings (July 27) and Nixon's official resignation (Aug. 9) just around the corner, this is the ideal time to pick up a copy of Joy Rodino's new book, "Fifty-Two Words My Husband Taught Me: Love, Inspiration and the Constitution."

In it, she offers insights into the question, "Why is the Preamble to the Constitution relevant today?" by sharing the life history and lessons learned by her late husband, Congressman Peter Rodino, a 40-year legislator and defender of the Constitution.

"Peter believed the Preamble is our country's soul, not only projecting a vision of who we are as a people, but also expressing the limitless possibilities of all we can be," says Joy. "In these troubled times, when nothing is certain, people are searching for meaning in their lives. These 52 words of the Preamble remind us of the importance of upholding our highest ideals, and that there is security in the values and principles inherent in the foundation of our nation."

We the people of the United States, in order to form a more perfect union, establish justice, insure domestic tranquility, provide for the common defense, promote the general welfare, and secure the blessings of liberty to ourselves and our posterity, do ordain and establish this Constitution for the United States of America.

In this eloquent, easy-to-read book, Joy recounts the inspiring story of her husband, the son of immigrants who grew up in a New Jersey tenement to rise to the post of Chairman of the House Judiciary Committee. He then went on to guide the United States through its gravest constitutional crisis: the 1974 Nixon impeachment inquiry, which affirmed the sanctity of the rule of law.

"Peter told me that the last thing he wanted to do was to impeach the president and hold him responsible for misdeeds that would have caused him to be removed from office," Joy shares, noting that the Congressman venerated the office of the president and was determined to conduct the inquiry thoroughly, fairly and impartially. Ultimately, the weight of the evidence and the bipartisan spirit that Congressman Rodino fostered led to the Judiciary Committee's vote to impeach Nixon.

On that historic day on July 27, 1974, after the Committee held a televised debate and Peter Rodino voted aye to recommend impeachment, Joy tells of the Congressman's very private, very personal reaction. Joy writes: "He adjourned the meeting, bypassed all the reporters and staff, when into his little office off the committee room, and called his [first] wife. 'Ann, I guess you heard.' And he put the phone down and burst into tears."

The events surrounding the Committee's impeachment vote and Nixon's subsequent resignation are just a portion



of the touching, insightful story of the life of a man who loved his country, believed in the power and importance of democracy, and dedicated his life to ensuring that others embrace the beauty and gift of what it means to be an American.

"Peter was an inspiration to me," says the author. "This book is my way of saying thank you to him and paying tribute to his legacy. It is also my sincere hope that readers come away with a deeper appreciation and respect for the rights and liberties that we are privileged to enjoy."

Contact Information:

To interview Joy Rodino contact Hope Gibbs of Inkandescent Public Relations at hope@inkandescentpr.com / 703 346-6975.

Books can be purchased at www.peterrodino.com, as well as a variety of bookstores throughout northern New Jersey including Seton Hall Law School Bookstore in Newark, Bookends in Ridgewood, Sages Pages in Madison, Watchung Booksellers in Montclair, Words in Maplewood, NJ -- and Politics & Prose in Washington, DC.

About Joy Rodino -- After graduating from Smith College in 1963, Joy Rodino served as executive assistant to Congressman Peter Rodino in his Washington, DC office. In 1977, she graduated from Northeastern University Law School and pursued a career as a public interest attorney. She reunited with Rodino on a legislative matter in 1987 -- they married in 1989 and were together for sixteen years until his death in 2005. Joy lives in northern New Jersey, where she practices law. For details, visit www.peterrodino.com.

What people are saying about "Fifty-Two Words My Husband Taught Me"

"I'm sure my brother would have called him a profile in courage. I feel the same way." -- Senator Ted Kennedy

"Joy Rodino chronicles the sum of an American statesman's life in this inspiring song of praise for Chairman Rodino's storied rise from humble origins to serve his nation during one of the most challenging chapters in American history. Joy's memoir, told with uncommon grace, is a loving testimony to her husband's splendid legacy." -- Judge Paul W. Armstrong, Superior Court of New Jersey

"This beautiful book is a must-read for all who believe deeply in "the blessings of liberty." In these chapters, so masterfully rendered, we are reminded that wisdom and compassion are indivisible, and that each and every one of us can, as Peter Rodino always said, live a life that matters." -- Paula A. Franzese, Peter W. Rodino Professor of Law, Seton Hall University School of Law

"Congressman Rodino was my childhood hero for many reasons, but the most significant was that he loved and lived the United States Constitution every day. In these extraordinary pages his wife Joy captures the congressman's passion in a way that no one else could, with deep and abiding affection." -- Steve Aduato, Ph.D., author of Make the Connection, Emmy Award-winning anchor, Thirteen / WNET (PBS)

Product details:



FIFTY-TWO WORDS MY HUSBAND TAUGHT ME by Joy Rodino

Published by DRJ Publishing

Price: \$14.95 (Paperback)

96 pages

ISBN: 978-0-615-25938-3

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Online Web 2.0 Version

You can read the online version of this press release [here](#).

Bridging Science and Faith: Finding God after Atheism -- Prominent Psychoanalyst Offers Spiritual Hope after the Failure of the American Dream

First Woman President of American College of Psychoanalysts and Groundbreaking PMS Researcher Shares Her Journey of Faith and Redemption in Becoming Fire -- A New Book by Sally K. Severino, MD.

Rhinebeck, NY (PRWEB) July 16, 2009 -- "It is practically unheard-of for a Freudian to embrace faith, since Freud himself was a notorious atheist," says prominent Freudian psychoanalyst Dr. Sally Severino. "In my case, it took a very bad year to open my heart to God. My mother died, my second marriage fell apart, and my sons left home, all in the space of a few months, but that's what it took to bring me to my knees." Dr. Severino means this literally: when the material trappings of her affluent life failed to comfort her, the doctor began to pray. "I'm a stubborn person," she says, "and the idea that I needed a spiritual transformation wasn't even on my radar screen. I was a scientist, first and foremost, and had been an atheist for years. But when crisis hits, the answers science offers aren't enough. And material success becomes meaningless."

Her success was hard-earned, but Dr. Severino's childhood of hardscrabble poverty in Depression-era Kansas, and the strong role models of her mother and maternal grandmother, taught her the value of hard work and can-do motivation. "I achieved great success in what was traditionally a male-centric profession," she says. "I had a position of wealth and influence as a New York psychoanalyst. I was the first woman President of the American College of Psychoanalysts, and received a lot of media attention for my groundbreaking research on PMS. But all my power and prosperity felt empty. It took God to fill that emptiness." In fact, Dr. Severino's spiritual journey could be seen as an epilogue to a classic American rags-to-riches story, and an answer to the conundrum of our era: when the American Dream goes south--when material abundance isn't enough to ease spiritual poverty or the pain of loss--what's left? What can we do? "I had all the perks of the American Dream--big house, expensive car, designer clothes. It didn't help. But when my life broke apart, I broke open. I realized something was missing--and the something was God."

When a close friend introduced her to "Open Mind, Open Heart" by Trappist monk Thomas Keating, Dr. Severino found herself inexplicably drawn to Keating's "divine therapy," a contemplative prayer practice that synthesizes psychology and spirituality. Her exploration of this practice eventually led her to a contemplative retreat at St. Benedict's Monastery in the snow-covered mountains of Snowmass, Colorado. There she met Fr. Keating and had what can only be described as an epiphany. Dr. Severino believes that it was her difficult life passage that created the perfect opening for God to come in.

"I realize now that I was being guided all along," says Dr. Severino, who eventually abandoned the stress and bustle of her high-profile New York practice in favor of an academic position in the desert Southwest. "Leaving my powerful East Coast job and moving to New Mexico was a huge part of my journey. If I hadn't done it--if I had stayed with what was familiar to me--I never would have met my associate, Dr. Nancy K. Morrison. Our work together has been a real flowering for me." The two women have formulated a revolutionary new paradigm for the treatment of emotional dysfunction, an integration of psychiatry and spirit based on the imago Dei, an inborn image of God that manifests as the desire for love. Dr. Severino now lives a contemplative existence in a small intentional community surrounded by the natural beauty of the Algodones cottonwoods north of



Albuquerque. "My life has undergone a complete transformation," she says. "I am at peace with myself in a way that I never imagined I could be."

Dr. Severino's book, "Becoming Fire: A Freudian Analyst's Spiritual Journey", newly released by Epigraph Books (July 2009), shares the often-humorous and sometimes heartbreaking process of finding faith in an atheist profession. "My memoir is the back-story for the work I'm doing in the world," she says. "Because it's unusual for a scientist with my background to embrace God, people are deeply curious to know how it happened." Her moving personal story, timely in an era of both economic hardship and spiritual hunger, shares a simple message: No matter where you are, God will meet you there. "If someone like me could find faith after decades of atheism," says Dr. Severino, "if God could welcome me back home and bring me such joy and inner peace--such healing for my heartache--then anyone can find the way."

Dr. Severino's work has been compared to that of Jill Bolte Taylor, the neuroanatomist whose massive stroke led a profound spiritual awakening. "Both my professional work and my private contemplative practice are an integration of science and faith," she says. "Integration seems to be what our planet sorely needs. We have enough excuses to be divided. We need more 'bridge people' who show us how to integrate, how to connect."

With its hopeful message of the redeeming power of divine love, even--or especially--in hard times, "Becoming Fire" is Dr. Severino's invitation to share her ultimate triumph through personal tragedy to joy. "After years of struggle, I can now attest to the inward peace that comes from letting go, from trusting, from not 'trying too hard.' I hope that my story will help readers to discover the same inner peace, knowing that the Divine Therapist can do for anyone what He did for me."

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Online Web 2.0 Version

You can read the online version of this press release [here](#).

New Book Consortium To Fill Gaps In Publishing Biz For Literary Authors

Backword Books is a consortium of seven authors who are banding together to market their recently published literary novels. "With the changing landscape of the publishing industry," says author Henry Baum, "and the countless new avenues for authors to directly reach readers, there has never been a time like this. There's a perfect storm brewing."

Los Angeles, CA (PRWEB) July 16, 2009 -- Backword Books, a new publishing enterprise out of Los Angeles, fills a huge gap in the publishing business, according to founder and literary author Henry Baum ("North of Sunset"). "With the changing landscape of the publishing industry," says Baum, "and the countless new avenues for authors to directly reach readers, there has never been a time like this. There's a perfect storm brewing."

The perfect storm is that publishers are less willing to take chances with literary fiction while, says Baum, "Emerging media make it easier for quality writers to reach readers. Backword Books is a new approach to the book business."

Named to give focus on old-fashioned values in quality writing, Backword Books brings together the best literary writers that Baum and a small group discovered while reviewing new books. The seven writers use new digital printing technology to publish titles under their own imprints.

After Baum and four other authors landed in Entertainment Weekly a couple of years ago for their well-regarded print-on-demand (POD) books, he saw the gap in what traditional publishers were doing and what could be done. He created a new forum, the website Self-Publishing Review (www.selfpublishingreview.com), devoted to the emerging potential as well as to the pitfalls of self-publishing. He's reviewed many new books and has realized a couple of things.

Yes, there are a number of dull or poorly written self-published books, and their authors don't understand what they need to do. Additionally, subsidy publishers, such as AuthorHouse or iUniverse, "make their money in printing, and so the books are very expensive," Baum says. "That's the main problem with subsidy publishers. Add to that that untested writers rush to print without editing or marketing, and it's unsurprising if people have a hard time selling books."

Backword's authors bring together their quality books to help each other in marketing because they know multiple people pushing multiple, related products together is more effective than one person pushing one product alone. They make clear they're not a publishing company, but a consortium of like-minded authors who have important books that have been getting exceptional reviews.

In short, they are united in purpose under one banner to accomplish three primary goals:

- Attain mainstream media coverage.
- Generate sales.
- Bring an aura of professionalism and legitimacy to high-quality self-publishing.

"The writers in Backword put a lot of care into their work," says Kristen Tsetsi, author of the novel Homefront. "We've all hired editors, book designers, and have acted truly as publishers. The reviews bear us out."

Briefly, the books are as follows. More in-depth overviews can be found at www.backwordbooks.com.

- "The Brightest Moon of the Century" (ISBN: 978-0615249148) by Christopher Meeks, whose book "The Middle-Aged Man and the Sea" joined Baum's book in the "Best Of" Entertainment Weekly article. "Brightest" is a comic novel of a young Minnesotan blessed with an abundance of "experience"--first when his mother dies and next when his father shoehorns him into a private school where he's tortured and groomed.
- "Homefront" (ISBN: 978-0615139906) by Kristen Tsetsi, a former reporter and award-winning fiction writer. Twenty-six year-old Mia faces a battle against anxiety and despair when her boyfriend deploys to Iraq, twisting herself into self-doubt and self-destruction. Says Emmy Award-winning news correspondent James Moore, "I never had a better understanding of the agony of military separation until I read Kristen Tsetsi's haunting and lyrical debut novel."
- "Broken Bulbs" (ISBN: 978-0578004259) by Eddie Wright. Called "a brilliant and stunningly original work," "Broken Bulbs" tells the story of Frank Fisher and his search for "something." When a mysterious young woman named Bonnie offers assistance by injecting seeds of inspiration directly into his brain, Frank finds himself involved in a twisting mystery full of addiction, desperation, toothaches, hamsters, a vindictive postal worker, and self-discovery.
- "Waiting for Spring" (ISBN 978-1440461163) by R.J. Keller. "Waiting For Spring" takes readers beyond the Maine tourists know, beyond lighthouses and lobster and rocky beaches, and drops them instead into a rural town whose citizens struggle with poverty and loss, yet push onward with stubbornness and humor.
- "Spam and Eggs: A Johnny Denovo Mystery" (ISBN: 978-1598588644) by Andrew Kent, pen-name of Kent Anderson, a writer and publishing expert living in Massachusetts. Johnny Denovo strips crimes down to their metaphorical roots then uses these mental insights to unnerve and thwart criminal plots. This fast-paced novel has been hailed as "a masterpiece of deductive challenge, engrossing reading, and engaging entertainment."
- "Threshold" (ISBN: 978-0595497584) by Bonnie Kozek, recipient of National Endowment for the Arts and the Rockefeller Foundation awards. "Threshold" is a take-no-prisoners noir thriller whose protagonist, Honey McGuinness--a gal who moves to Skid Row to escape a haunting past--descends into a dark, seedy, and dangerously seductive underworld in the fearless pursuit of her best friend's killer.
- "The American Book of the Dead" (ISBN: 978-0578026930) by Henry Baum. Eugene Myers is writing a book about the end of the world, and he soon discovers that his novel is predicting real events. He may be the one to stop the apocalypse. In the tradition of Philip K. Dick and Robert Anton Wilson, The American Book of the Dead explores the nature of reality and the human race's potential to either disintegrate or evolve.

For more information on Backword Books, Self-Publishing Review, or any of the authors, please visit www.backwordbooks.com, call Henry Baum at (310) 402-9367.

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Online Web 2.0 Version

You can read the online version of this press release [here](#).



AlphaDog, the Book, Shows Men How to Be Like an Alpha Dog to Find Love With the Right Woman

Finally, a dating guide just for men--and it's by a woman. Women don't want lions, cheetahs, or gorillas. They want alpha dogs.

Brooklyn, NY (PRWEB) July 15, 2009 -- Mayhem Songs, a Brooklyn, NY, music publishing company, has expanded to include books in print and releases this month its first title, AlphaDog, Get The Bitch You Want: A Man's Guide to Dating, by a Woman.

Most dating books offer boilerplate to-do lists, giving men generic advice on how to win the perfect girl. The truth is, one man's dream is another one's nightmare. Focusing on the individual man, Wing Girl Kim gives a unique woman's perspective on how men can get the girl they're after. The prey is different for different men, but with Kim the hunt is most certainly on. With a fun and engaging attitude to that age-old subject of love, Kim says, "People have forgotten what's important in life: the Golden Rule. It's about time we, as a society, ground our feet onto solid life principles and enjoy dating relationships the way they should be."

Rather than cheap one-liners and cute quips, AlphaDog will give men the social [leadership](#) skills they need to be like an [alpha dog](#), or leaders of their own packs. "Leadership is what women want," the author notes. Kim also delves into Myers-Briggs personality typology, explaining how differing personalities between two people can affect a relationship.

AlphaDog, the book, is a brand new resource now available to everyone. It's written in a language men can appreciate, and from a perspective women want men to understand. Book cartoons are by the New Yorker magazine's Danny Shanahan.

About the author: Growing up with her brothers, and befriending neighborhood boys from a young age, author Kim offers a candid and transparent perspective on [dating](#) that combines lessons from real-life dating experiences and from her professional experience as a dating coach. She is a regular contributor on the site DatingThoughts.com. Kim's man's guide to dating, from a woman's perspective, utilizes a direct and exciting approach to that nagging question: "How do you get the one you want?"

AlphaDog, Get The Bitch You Want is currently available on Amazon.com. A mailing list sign-up for updates is on the [AlphaDog book](#) website at AlphaDogTheBook.com. A book launch party is scheduled for July 22, 2009 at the Tribeca Grand Hotel in New York City.

Price: US\$14.99

Pages: 224

ISBN: 978-0-615-28773-7

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The Love Boat as if Commandeered by Alfred Hitchcock -- New Book by Gloria Nagy

Gloria Nagy lets loose her lacerating wit on the cruise industry in new whodunit cum satire, 'Seasick.'

New York, NY (PRWEB) July 15, 2009 -- It's no mystery why Gloria Nagy would set 'Seasick,' her wickedly enjoyable whodunit cum satire on the world's largest cruise liner. The Palace of The Dolphins, a 220,000-ton metaphor, provides oceans of the excess and human flotsam and jetsam that Ms. Nagy gleefully lacerated in her best-sellers 'A House In The Hamptons' and 'The Beauty.' Now she trains her slice-and-dice vision on a boatload of miscreants, preening peacocks, social climbers and sociopaths who down half a ton of bananas a week and disgorge 60,000 gallons of raw sewage a day into the ocean as they sail the Caribbean on the cruise of a lifetime. On the Palace of The Dolphins, everyone and everything is about going overboard. Sometimes literally.

An undertow of evil

If the upper decks of the Palace of The Dolphins are all champagne and ice sculptures, below the surface she carries a secret of passengers gone missing, crew members beaten and raped and pet puppies that turn up murdered at night. Something ugly and rotten is happening amid the dance contests and art sales and not even the best efforts of the buttoned-down staff can prevent it from floating to the surface.

It is to Ms. Nagy's considerable credit that she's able to turn a wildly funny satire into a nail biting page turner; you'll never guess who's involved and what nefarious activities The Palace of The Dolphins is supporting. Suffice it to say that people willing to give an arm and a leg to sail on the ultra luxury liner may be doing just that.

Seven days at sea with characters you'll remember for a lifetime.

In the hands of a lesser writer the ship's manifest could have been peopled with the usual array of stereotypes and two-dimensional cardboard cutouts. Nagy is too intelligent for that. Like one of her characters -- a world-weary psychiatrist -- she digs deep into the minds of her passengers and crew illuminating their motivations and leveraging their foibles. These are fully drawn people adrift in a culture that values form over substance presented by a writer who prefers substance over form. By 'Seasick's' end you'll miss these characters, even the sycophants and self-justifying psychopaths.

As a satirist it's clear Nagy doesn't suffer fools gladly. Given a ship of fools, however, she finds a unique way of having them interact -- and the emergent horror is a pleasure to read. 'Seasick' is The Loveboat as if commandeered by Alfred Hitchcock. Get ready to enjoy. And tighten your life vest.

Nagy has well-earned her reputation for razor-sharp social commentary. The LA Times Book Review calls her style "fresh, her pace brisk, her humor delightful." She's a writer who can tap into the zeitgeist and create characters who are larger than life yet wonderfully familiar. "A new comic genius has landed on earth," says John Naisbitt. Here's your chance to let her take you to sea.



For more information--and to listen to Seasick's theme song--visit www.seasicknovel.com

BIO

Gloria Nagy is the author of nine previous books including 'The Beauty,' 'Natural Selections,' and the New York Times best seller, 'A House in the Hamptons.' She lives with her husband Richard Saul Wurman in Newport, R.I. They have four children, six grandchildren and three Yellow Labs, Abraham, Isaac, and Jacob, who do not cruise.

QUESTIONS FOR INTERVIEWERS

1. You're doing for the cruise industry what Hannibal Lechter did for Chianti and fava beans. Have you gotten any flack from cruise industry flacks?
2. What was the worst cruising experience of your life?
3. Your previous best-seller, 'House In The Hamptons,' was also set around resort vacations. Is there something about sea, sand, and sun that brings out the satirist in you?
4. Besides being a withering social satire 'Seasick' is a first-class page turner mystery. Which mystery writers do you enjoy?

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America's Premier Animal Artist, Ron Burns, Creates First-Ever Lullaby Book for Dogs and Dog Lovers

Burns's "Rufus Rhymes" Recasts Beloved Nursery Rhymes With Clever Canine Themes

Scottsdale, AZ (PRWEB) July 15, 2009 -- Ron Burns, Artist-in-Residence for The Humane Society of the United States, is using his joyful passion for animals to give dogs and dog enthusiasts something new to croon about.

His new book, *Rufus Rhymes*, to be released August 15, 2009, recasts iconic nursery rhymes with comic, dog-centric lyrics and is brilliantly illustrated with Burns's signature paintings, described by The New York Times best-selling author Dean Koontz as capturing "the essence of dogs."

Copies of the book (\$8.99) are now available for pre-order at www.RufusRhymes.com. All copies ordered during the "pre-order period," until August 15, will be autographed by Ron Burns.

"I wanted to create a book that any dog lover -young or old -can enjoy. For those just learning the classics, or having not heard them in decades, the lullabies in this book have a fresh twist - making this a first-ever book for readers and their pooches," says Burns. "Each lullaby is brought to life with my painted images that show the clownish, endearing traits we all love about dogs."

Also available only during the "pre-order period" is a copy of the book plus a signed, limited-edition Giclee print, measuring 11 x 14, of an image from the book.

Rufus Rhymes is 24 pages and measures 8 1/2 x 8 1/2. Interest in this book of lullabies has already run so high, Burns is at work on a second.

About Ron Burns

Demand for Burns's original work, limited editions, and book continues to flourish on the strength of gallery sales, word of mouth among collectors, and media praise. He has been featured twice on *Extreme Makeover - Home Edition*, as well as on CNN, Fox News, and Good Morning America.

Additionally, his art has been in multiple magazines, including TIME, New York Daily News, San Francisco Chronicle, and Forbes, which writes that Ron's style is "extremely collectible."

Clients include Elizabeth Taylor, the Princess of Morocco, Joan Rivers, Doc Severinsen, and many private collectors. A percentage of Burns sales are donated to animal welfare organizations across the country.

For more information on Ron Burns, please visit www.RonBurns.com.

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You can read the online version of this press release [here](#).

New Help for People with Food Allergies or Celiac Disease

A new video and snack recipes is now available to help people with food allergies, celiac disease or gluten intolerance from motivational speaker and cookbook author, Lisa A. Lundy, which you can download free from her website.

Buffalo, NY (Vocus) July 14, 2009 -- For the 12 million Americans living with life-threatening food allergies, the nearly 75 million estimated to suffer from food intolerances or sensitivities and the untold hundreds of thousands using special diets for therapeutic health reasons or celiac disease, eating on the go can be dangerous or difficult to say the least. Motivational speaker and specialty cookbook author, Lisa A. Lundy has released a [new short video](#) and a document with free recipes you can download from her website at www.TheSuperAllergyCookbook.com. Lundy's cookbook, "The Super Allergy Girl™ Allergy & Celiac Cookbook -From A Mother Who Knows™", is a gluten-free, casein-free, dairy-free, egg-free, peanut and tree-nut free and other allergen-free resource that is appropriate for both beginners and advanced bakers. Her cookbook has been highly praised by both physicians and consumers.

According to a study by the National Center for Health Statistics, the prevalence of reported food allergies has risen 24% among children under the age of 5 years and 19% among children aged 5-17 years during the past ten years. Celiac disease, a food related disease often confused with food allergies, is now four times more common today than it was 50 years ago say U.S. researchers. Celiac disease is an autoimmune disease in which eating foods containing wheat, barley, rye and other common grains sets off an immune response that can cause damage to the small intestine.

As with many diseases, the early diagnosis of celiac disease provides great health benefits. Unfortunately most people living in America who have celiac disease don't yet know that they have this health condition. Estimated to affect 1% of the population, or nearly 3 million people, 97% of those who have celiac disease are not diagnosed. The treatment for celiac disease is strict adherence to a gluten-free diet. Whereas heart disease, depression, diabetes and other diseases have a relatively concrete and short checklist of symptoms, celiac disease has over 300 signs, symptoms, associated disorders and complications. Some of the common health problems related to celiac disease can include abdominal pain or bloating, acid reflux, anemia, anxiety or depression, arthritis, behavior disorders, autoimmune disorders, chronic fatigue, chronic diarrhea or constipation, headaches or migraine, heart disease, infertility or miscarriage, irritable bowel, insomnia and malnutrition.

Untreated celiac disease increases the risk of cancer 200 to 300%, increases the risk of miscarriage by 800-900%, and carries with it additional health concerns like neurological disorders, osteopenia or osteoporosis that can be avoided by early diagnosis. Celiac disease is diagnosed by a celiac panel blood test followed by a small bowel biopsy. According to U.S. experts, a person with symptoms of celiac disease takes on average 10 years to get diagnosed. [The Celiac Sprue Association USA, Inc.](#) and the [Gluten Intolerance Group of North America](#), are just two of the national consumer organizations dedicated to helping people with celiac disease and gluten intolerance.

Lundy's second child has celiac disease, which she suspected during his first year of life. She had a difficult time



getting answers to her medical questions and a hard time feeding her son who is now ten years old. She is passionate about helping people understand how they can use changes in their diet to resolve a wide variety of health issues and about getting the nearly 3 million Americans diagnosed with celiac disease. Her book is available at www.TheSuperAllergyCookbook.com

Size: 6" x 9"
Pages: 405 pages
Soft Cover, Perfect Bound
ISBN#: 978-0-9797542-0-3
Price: \$28.95

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Online Web 2.0 Version

You can read the online version of this press release [here](#).



Witch School Offers Booklet 'Harry Potter vs. Real Witches'

With the movie Harry Potter and the Half Blood Prince premiering this week, the questions about the similarities and differences between the world of Harry Potter and Real Witches arise. Witch School offers an answer that everyone can share, through their booklet, "Harry Potter vs. Real Witches".

Rossville, IL (PRWEB) July 15, 2009 -- As the summer movie season rolls on, one of the more controversial movies of the season premieres this week in theaters across the country. The movie is Harry Potter and the Half Blood Prince, and the controversy is that many Christian leaders believe it promotes Witchcraft, Wicca and the occult to our children. In this case Witch School, the leading provider of a public Wiccan education, begs to differ. Witch School believes that while Harry Potter exemplifies many quality traits that modern Witches and Wiccans believe in, the story by J.K. Rowling is really a classic and timeless fairy tale. Any comparison of Hogwarts and its world with the contemporary Wiccan and magical community is simply comparing fantasy to reality; and the film, like all things Hollywood, is quite exaggerated compared to the real world of modern Witches. Witch School is helping to provide a better understanding of the differences by offering a free downloadable booklet called "Harry Potter vs. Real Witches" by M. Rev. Donald Lewis-Highcorrell.

While many believe Harry Potter helped Wicca and Paganism as a belief spread in the United States and Europe, the truth is that Wicca has been growing for over 50 years at an ever-increasing rate. According to Rev. Lewis "It is not movies or television shows that are allowing Wicca to spread, it is the simple message of the Sacredness of Life and the Living World we share in Perfect Love and Perfect Trust. This is what has made Wicca one of the fastest growing religions in America today."

Witch School's Ed Hubbard offers this opinion, "For conservative Christians to blame Harry Potter and J.K. Rowling for Wicca's growth is unfair to Wiccans, and is simply making them a scapegoat. The growth of Wicca is far more complex than allegedly riding the coattails of a very successful children's story. Wicca is growing because it offers answers about living a loving life, where nature is honored and all life is considered holy, not just humans. This is the energy that has driven the growth of Wicca for more than fifty years so far, long before Ms. Rowling invented the wonderful world of Harry Potter."

To understand the differences, Witch School is offering the "Harry Potter vs. Real Witches" eBooklet. This is part of Witch School's overall mission to offer answers for those seeking a Wiccan education. To get your copy, just go to WitchSchool.com and download it today.

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Write Brothers, Inc. at Comic-Con International San Diego 2009

Write Brothers, Inc. Software for Writers is pleased to announce its ninth consecutive appearance at Comic-Con International San Diego, the world's largest comic book and pop culture convention. Join us in the San Diego Convention Center July 23-26, 2009, at booth #1429 for product demonstrations of our most popular software including Movie Magic Screenwriter 6 and Dramatica Pro. Our expanded presence at the 2009 Comic-Con features several not-to-be-missed events including our panel with story development guru Chris Huntley, our sponsorship of the Comic-Con International: Independent Film Festival, and booth appearances by feature film writer and The Write Environment host Jeffrey Berman.

Burbank, CA (PRWEB) July 15, 2009 -- Write Brothers, Inc. Software for Writers (<http://www.screenplay.com>) is pleased to announce its ninth consecutive appearance at Comic-Con International San Diego, the world's largest comic book and pop culture convention. Join us in the San Diego Convention Center July 23-26, 2009, at booth #1429 for product demonstrations of our most popular software including Movie Magic Screenwriter 6 and Dramatica Pro.

Our expanded presence at the 2009 Comic-Con features several not-to-be-missed events including our panel with story development guru Chris Huntley, our sponsorship of the Comic-Con International: Independent Film Festival, and booth appearances by feature film writer and The Write Environment host Jeffrey Berman.

Attend the Write Brothers panel from 10:00-11:00 am on Thursday, July 23, in Room 5AB:
Heroes, Villains, and Dramatica Archetypes: Chris Huntley

Stories are populated with heroes, villains, sidekicks, and other colorful character models. Story development expert Chris Huntley (our vice president of story development and the creator of Dramatica Story Theory) discusses the key components of these archetypes and their effective placement in your stories. He'll explore the basics then go beyond simple character archetypes and create far more interesting, complex characters!

Write Brothers, Inc. Sponsors the CCI: IIF

As award sponsors for this year's Comic-Con International Independent Film Festival, Write Brothers, Inc. is proud to support the convention's mission to celebrate the historic and ongoing contribution of comics to art and culture. Join us for the awards ceremony on Sunday, July 26, at 11:15 am.

Booth (#1429) Appearance by Jeffery Berman of The Write Environment

Jeffery Berman of The Write Environment will be at our booth selling his latest DVD, The Write Environment: The Comic Book Series. The DVD features interviews with three of the giants in the comic book industry, Marv Wolfman, Mark Waid, and Geoff Johns. These respected writers provide invaluable behind-the-scenes insights into the creative processes that lead to their award-winning comic book scripts.

About Jeffery Berman:



Jeffrey Berman's first spec script was purchased by Brian Grazer and Ron Howard at Imagine Films. Since then he has written feature film projects for Universal Studios, Paramount Pictures, and The Walt Disney Studio, as well as several independent film companies. In the television market, Berman has co-written and sold several MOWs including The J.K Rowling bio-pic for NBC television and The Last Rainmaker for Hallmark. Berman co-founded UnitedHollywood.com and was producer/co-host of UnitedHollywood Live. He also created and hosts The Write Environment, a compelling series of one-on-one interviews with some of today's most prolific writers. Currently Berman is writing and producing a web series based on the science fiction novel, Naught For Hire, by Nebula Award nominee, John E. Stith.

About Write Brothers:

In 1982, Write Brothers Inc. (formerly called Screenplay Systems - <http://www.screenplay.com>) invented the first screenplay text processing system, Scriptor. For 27 years the company has been the world leader in developing software for screenwriting, film and television production, and creative story development.

Write Brothers is the only company to win an Academy Technical Achievement Award for the development of screenwriting software. Write Brothers' software is sold worldwide, including at the Apple Store, and has been used by the industry's most demanding professionals for the development of film and television shows.

Movie Magic Screenwriter (4.5 mice, MacWorld) was used on the blockbuster Pirates of the Caribbean series, Academy-Award winning Crash, Harry Potter and the Order of the Phoenix, Heroes, 24, South Park and thousands more. The software is also the preferred writing tool of the top film and writing schools and the Writer's Guild of America, east.

Write Brothers currently holds three software patents. It holds two for the Dramatica® story assistant, and one for the timeline-based presentation of text used in the StoryView™ outlining software. Streamline is the fourth technology patent Write Brothers has filed.

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Online Web 2.0 Version

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Female Authors Offer Stories Of Hope, Racial Harmony, and Romance in Recent Dorrance Publishing Book Releases

Dorrance Publishing recently released the following titles: [The Hopes and Encouragements of a Woman](#); [The Whipping Boys of America](#); and [R and R](#). They are available for purchase at <http://www.dorrancebookstore.com>, brick and mortar bookstores, on-line bookstores or by calling (800) 788-7654. Media review copies are available by visiting www.dorrancepressroom.com or by calling (800) 788-7654.

Pittsburgh, PA (PRWEB) July 15, 2009 -- Female Authors Offer Stories Of Hope, Racial Harmony, And Romance In Recent Dorrance Publishing Book Releases

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[The Hopes and Encouragements of a Woman](#)
(\$9.00) ISBN: 978-1-4349-0199-6, paperback

A simple Christmas card received from her husband inspired the author to realize that life can be enjoyable and full of promise--you need only have motivation and determination. There is little doubt that life can be difficult, even frustrating at times, but life is also very short. Throw open the windows, let in the fresh air, get comfortable in your favorite chair, and read how one woman's precious gift from her husband changed her life.

About the Author:

Anna Roberts lives in southern California. She works with her husband; they own a small business. She handles all the accounting and clerical side of it. Anna has many dreams she would like to reach throughout her lifetime and hopes to remain in good health so she can fulfill them. She has three daughters, and having three girls is a challenge, although they are great kids. They keep her on her toes. She now watches her granddaughter, who is an angel but is rambunctious.

Anna enjoys walking and spending time with her family when they can get together. Her hobbies are drawing, crocheting, and writing. She is originally from a small town in Wisconsin.

[The Whipping Boys of America](#)
(\$27.00) ISBN: 978-0-8059-7831-5, hardcover

America faces many internal problems, and foremost among them is the persistence of racial oppression. Here Coleman presents a program of new approaches designed to end the superior/inferior question for all time and to return the institutions of this country to "Grandmother's morality"--without trampling on the First Amendment.

[The Whipping Boys of America](#) offers a detailed plan for schools, prisons, churches, and more. And the book is



richly tapestried with Scriptural quotations that illustrate God's plans for man.

About the Author:

Dorothy F. Coleman is an American-born author who now lives in California and works as a health educator. A devout Christian (Catholic), she says simply, "This book was divinely inspired."

R and R

(\$10.00) ISBN: 978-0-8059-7751-6, paperback

R and R is a detailed account of a woman's romantic liaisons. Having been emotionally and physically abused by her husband for twelve years, Gloria finds relief in Stine, a consultant at her work. Stine is an attractive and intimate man; he is loving and affectionate, passionate about making her happy.

Each chapter shares various accounts of how she thinks about Stine--her joy and wonder, as well as the doubts and fears of their relationship. Each of her soul's insights are balanced by the raw sexual experiences the two share together. The explicit details of their experiences are a large bulk of the story, but they are also the symbolic presence of their true love for each other.

R and R is an open and honest account, one that flourishes with telling and conjuring feelings rather than bluntly speaking them. The work is a warning to readers about not only the involving depths and complexes of romance, but also the blessings that come from it as well.

About the Author:

Emily Doss wrote R and R based on an experience she had in an abusive relationship and her fantasies about having a healthy, romantic, and fulfilling one. She has three children: Priest, Michael, and Mary. Emily received her bachelor of arts degree in social work, her master's in science and social work, and her doctorate in education. She enjoys sewing, traveling, biking, walking, and cooking.

Dorrance Publishing is the nation's oldest authors services company. The Dorrance family of imprints provides authors with the level of personalized service they require to become a published author. All international standard book number (ISBN) eligible imprints have a bookstore returns allowed policy.

Dorrance Publishing <http://www.dorrancepublishing.com/info.asp?program=prweb> -- books have carried the Dorrance imprint for over 85-years. This full-service subsidy publishing imprint offers authors traditional, complete publishing services including editing, proofreading, original page and cover design, publication in paperback, hardback and custom or unusual book production specifications, original illustration creation, ISBN and copyright. Dorrance titles are printed and warehoused in anticipation of orders that may follow as a result of a defined, limited promotional plan.

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Authors can provide their manuscript on paper or in a digital file. RoseDog titles are printed when ordered and can be purchased on-line or through brick and mortar stores. Book promotion services are also available.

Red Lead Press <http://www.redleadpress.com> -- a very affordable publishing imprint for authors who need some help with basic page and cover design, an ISBN and copyright. Red Lead titles are printed when ordered and can be purchased on-line or through brick and mortar stores.

I-Proclaim <http://www.i-proclaim.com> -- Using a self-serve on-line template an author can become a published author in minutes. There are no set-up fees and no minimum book order.

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<http://www.dorrancepublishing.com/info.asp?program=prweb>

412-288-4543

Online Web 2.0 Version

You can read the online version of this press release [here](#).

A White Cake Everyone Can Eat

Allergy and Celiac Cookbook author, Lisa A. Lundy offers new, free cake recipes and a video to help individuals who have multiple food allergies or are on a gluten-free diet make a white or chocolate cake free of all eggs, dairy, wheat, gluten, peanuts and tree nuts, and other allergens, which you can download from her website.

Buffalo, N.Y. (Vocus) July 14, 2009 -- Cakes are a baked good that most often require eggs, milk and wheat or gluten to have the proper texture, appearance and taste. Individuals allergic to eggs, wheat, dairy and some nuts are often left out in the cold when it comes to parties, school events and other social gatherings where cake is being served. When Gloria Tilley, a mom of four children who have a broad spectrum of food allergies and celiac disease, wanted a white cake that was gluten-free, dairy-free, egg-free and nut-free, she knew just who to call - specialty cookbook author, Lisa A. Lundy. In direct response to Gloria's request, Lundy went to work and created a new, white cake free of all gluten, dairy, eggs, peanuts, tree nuts, and other allergens which you can download free from her website at www.TheSuperAllergyCookbook.com. The recipe is easy enough that Lundy's ten-year old son recently made it for his mom's birthday, which you can see in this short [YouTube video](#).

The gluten-free diet has gained so much recognition that mainstream food manufacturers are either removing gluten, an amino acid sequence or protein found in wheat, barley, rye and other grains, from their food products or they are coming out with their own gluten-free products. Earlier in 2009, Betty Crocker announced that they were entering the specialty food market with a line of gluten-free baking mixes.

"I applaud Betty Crocker for entering into this valuable and expansive market. It is very exciting. The issue is that many gluten-free baking mixes are formulated to be made with milk or eggs," Lundy said. "It has been my experience over the last ten years that most gluten-free baking mixes fail miserably when you try to use an egg-substitution. While it remains to be seen if the Betty Crocker mixes will actually work without eggs, this is a huge cause for celebration."

With one of her three children severely allergic to eggs, Lundy's baking has to be absolutely egg free.

Lundy is the author of "The Super Allergy Girl™ Allergy & Celiac Cookbook -From A Mother Who Knows™", which is a gluten-free, casein-free, dairy-free, egg-free, peanut and tree-nut free and other allergen-free resource with over 100 pages of essential information and over 225 excellent recipes suitable for both beginners and advanced bakers. Her content rich website, www.TheSuperAllergyCookbook.com, is dedicated to helping people with food and health issues that can be resolved by dietary changes and it contains free white papers, tips sheets, recipes and videos designed to help people regardless of their food issues.

Coming up with a gluten-free, dairy-free, peanut free, tree nut free and egg-free cake was so difficult that Lundy had given up years ago until Gloria Tilley called in January with the special request for a white cake recipe. You can read about the "White Cake Conundrum" on [Lisa's blog](#) and see the comments from a mom in Australia who loves the cake recipe. Lundy is providing helpful information because she knows how desperate some people are



for information and recipes. As a motivational speaker she is passionate about inspiring others to have a great life. Her book is available at: www.TheSuperAllergyCookbook.com.

Size: 6" x 9"

Pages: 405 pages

Soft Cover, Perfect Bound

ISBN#: 978-0-9797542-0-3

Price: \$28.95

Contact: Ms. Lisa Lundy

Phone: (716) 835-6392

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Ms. Lisa Lundy

The Rooster Crows™

<http://www.TheSuperAllergyCookbook.com>

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Online Web 2.0 Version

You can read the online version of this press release [here](#).

Despite Autism, New Author Writes Children's Book With Universal Message

Fear, Anxiety About School Turn to Excitement in New Children's Book

Camas, Wash. (Vocus) July 14, 2009 -- Everyone has anxieties, but none more than Worried Wendy who fears her first day of school in Jenna Lumbard's debut children's book ["Worried Wendy Goes To School."](#) While serving as the premise in the first book of the series, it also happens to be the story of Lumbard's life.

["Worried Wendy Goes To School"](#) is a very special children's story by a very special young woman," says Amazon's editorial review. "Charming and sweet... rhyming and lyric with bold illustrations, thinking about going to school just became fun."

A Camas, Wash. native, Lumbard, 21, was born with autism and could not always understand what was said around her. She never developed speech, but learned to read very quickly. Then, with the help of a computer and personal aide, she transcribed the stories and poems she created in her head to share with others.

Lumbard's first book is the culmination of a life-long desire to share her stories with the world. She "hopes to encourage children to soar in spite of any obstacles they may face," she writes. Lumbard has already completed additional Worried Wendy stories that are currently in production.

"Jenna Lumbard is an inspiring example of what can be accomplished if you work hard and follow your dream," said Janet Milhollin, Lumbard's long time mentor. "Kids and adults who've read this first book have commented that it perfectly describes their feelings on that first day of school. While Jenna doesn't communicate verbally, what she tells us with the written word is powerful and accurate. She knows what it feels like to be worried like Wendy and she wants to help others feel more secure, just as she has learned."

About the Book:

"Worried Wendy Goes To School" introduces a young girl named Wendy who is about to go to her first day of school. While she understands the concept, Wendy is not so sure about the particulars. She does not know the rules and she really does not know what to expect, which worries her tremendously. She thinks of a plan to get out of going, but Wendy's mother knows all her tricks so there is no getting out of it. As Wendy puts one foot in front of the other, she learns that with a little faith and a few smiling children everything will be alright.

The book was recently awarded an Honorable Mention at the [2009 Hollywood Book Festival](#).

ISBN-13: 978-1439208496

ISBN-10: 1439208492

Format: 10 x 7 x 0.1 inches, 38 pages

Availability: Now on [Amazon](#)

To send Jenna your comments and encouragement, and to stay informed about upcoming books and activities,



please become a [Worried Wendy Facebook fan](#).

For more information on the book or author, please contact the author's publicist, Erika Powelson, at 831-424-1811.

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Powelson Communications, Inc.

<http://www.worriedwendy.com>

831-424-1811

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You can read the online version of this press release [here](#).

GI JOE: Biography Chronicles the Life of Renowned Gastroenterologist

"GI Joe," is the biography of Dr. Joseph Kirsner, a 100-year old practicing gastroenterologist who rose from a family of Russian immigrants to become an internationally recognized physician and medical educator. An active faculty member at the University of Chicago Pritzker School of Medicine, he contributed to the school's prominence. For 20 years, he was also a medical consultant to the King of Morocco and has family. Dr. James Franklin is the author of "GI Joe."

Chicago, IL (PRWEB) July 14, 2009 -- On Monday, September 21, 2009, Dr. Joseph B. Kirsner plans to celebrate his 100th birthday by continuing his usual routine -- going to work.

Retirement was never a consideration for centenarian Dr. Kirsner. He has been an active faculty member of the University of Chicago Pritzker School of Medicine since 1935. His life and career as a dedicated gastroenterologist are chronicled in a new biography, GI Joe, written by Dr. James L. Franklin, a gastroenterologist and friend who received his training in gastroenterology at the University of Chicago.

"Dr. Kirsner is an internationally renowned physician and medical educator who helped shape the field of gastroenterology," says Dr. Franklin. "The son of Russian immigrants, his life is an American success story in the true Horatio Alger tradition."

As a young intern, Dr. Kirsner met the love of his life, Minnie Schneider, an aspiring ballerina from Des Moines, Iowa, who became his wife of 60 years. He enlisted in the Army Medical Corps during World War II, a voluntary decision that he considered a sacred duty. He served in Europe and the Pacific, returning to the University of Chicago in 1946.

By 1976, his expertise in gastrointestinal disorders reached King Hassan II of Morocco, who brought him to Morocco after numerous physicians failed to relieve the King's symptoms. They developed a strong relationship, and over the next 20 years, Dr. Kirsner made more than 50 trips to Morocco to provide medical consultation to the King and members of his family.

Over the course of his career, Dr. Kirsner wrote textbooks and hundreds of articles and led the Section of Gastroenterology at the University of Chicago to national prominence. He helped found and lead many of the important societies in American gastroenterology. In Chicago, he co-founded the Gastrointestinal Research Foundation (GIRF) a lay organization dedicated to advancing the cause of digestive disease research. Dr. Kirsner has received the highest awards of all the major societies in his field as well as numerous civic awards.

Dr. Kirsner is one of the outstanding physicians of the twentieth century," states Dr. Franklin. "I was inspired to write GI Joe not only because of his contributions to medicine and medical education, but to convey his understanding and teaching on the importance of the doctor-patient relationship. Care of the patient has always been his focus. I felt that in this year of health care reform, this message and how it was achieved is something the public needs to hear."

GI Joe was published by Mendoza Publishing Group, L.L.C., and distributed by the University of Chicago Press.



ISBN-10 0-615-22605-1. Special orders can be placed by calling 773-702-7000 or 800-621-2737.

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You can read the online version of this press release [here](#).



Sourceables.com Launches -- A New Social Media Website Connecting Experts and Sources with Media Professionals

Sourceables.com is a completely free and innovative social networking platform that allows its members to share their viewpoints, expertise, and insights through short text posts and links so that media can search for and connect with the sources they need for the stories, features, blogs, or programming they produce.

Madison, NJ (PRWEB) July 14, 2009 -- Sourceables, LLC today announced the launch of [Sourceables](#) a new online community of sources, experts, and media professionals.

Sourceables.com is a completely free and innovative social networking platform that allows its members to share their viewpoints, expertise, and insights through short text posts and links so that media can search for and connect with the sources they need for the stories, features, blogs, or programming they produce. "Sourceables can help position credible sources by demonstrating what they know and why they know it about today's news, topics, and trends," said Rob Nissen, founder of Sourceables.com

As part of the signup drive and to celebrate the launch of Sourceables.com, all members who create a valid account by 11:59 pm EDT August 7, 2009 will be eligible to win a new Amazon Kindle DX e-reader, courtesy of Sourceables. The winner will be selected on or about August 10, 2009 and will be notified by email. Only one winner will be chosen and only one entry per member is permitted.

Who Can Use Sourceables and How Does it Work?

Sourceables is for anyone who can offer their insights specifically on what's happening in the news or with today's leading topics and trends. Members create a profile, add links to their personal site(s), and begin posting their comments. Links can also be provided within a post to a news story or external site to help connect comments to current topics. Sourceables members can also feed their posts directly to their Twitter account through the Tweet function.

For media professionals, Sourceables can help journalists, reporters, producers, bloggers, and others quickly find and contact the sources they need. Along with being available 24/7 and being constantly updated, Sourceables features a live search function which can quickly and easily locate sources via any word, topic, or keywords entered immediately after posts are updated or filed. Sources can also be located via the category browse function.

Additional benefits for media members include the ability to post queries directly to the Sourceables community and the ability to remain completely anonymous while using the site (profile pages are not required for media members) so members can search for sources without having to weed out unsuitable candidates or deal with unwanted contact. For more details visit: [Sourceables FAQ](#)

Connect and Communicate



Sourceables gives its members the opportunity to do more than just comment on news and topics. They can also share what they are working on or what interesting projects or research they are developing or involved with. In addition to offering insights on the news, Sourceables is a great resource for connecting and communicating with others. Members can follow those whose interests match theirs to share ideas or make new contacts.

"With its advanced search function and follow capabilities, Sourceables can be an extremely useful tool for media seeking experts, professionals, or anyone who can offer insights or commentary," Nissen said. "Sourceables is a new, dynamic way for journalists to not only locate sources but begin a conversation together. In addition to connecting media with sources, we are also very excited at the prospect of our members connecting and sharing information with one another."

For more information, contact Rob Nissen / 973-410-1234 / rob (at) sourceables.com

Sourceables, LLC - 2 Central Avenue - Madison, NJ - 07940

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You can read the online version of this press release [here](#).



InStock Self Publishing Conference Premieres in San Francisco This Week

The InStock Conference focuses on marketing and the business of self-publishing for authors and takes place July 18, 2009 at the Hotel Monaco in San Francisco

San Francisco, Calif. (PRWEB) July 14, 2009 -- InStock, a one-day conference for authors and those interested in self-publishing, premieres July 18, 2009 in San Francisco. The InStock Conference features panels on topics of interest to self-publishers, with a focus on marketing and the business of self-publishing books.

Speakers will include successful authors and self-publishers, independent publishers, and representatives from the traditional arm of the book industry. The panels and conversations will include information on marketing self-published books, finding an audience, publicity outreach, product pricing and more.

"Digital technologies and distribution options have made it possible for anyone to write and release a book," commented organizer Ashli Lewis. "Obviously, not every book will find an audience. But with InStock, we hope to get authors to strategically think about the possibilities for marketing their titles, and learn from others who have garnered success through the do-it-yourself method."

Panels will include "Do Judge A Book By Its Cover" which looks at the importance of design in book marketing; "Beyond The Sale" which discusses branding; and "Successful Self-Publishers" which features authors who have effectively and successfully self-published.

A discount rate of \$145 is available through July 15 on the website. For further information about the conference schedule, sponsorship opportunities, or to register, please go to the website <http://www.instockconference.com>.

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InStock Conference

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You can read the online version of this press release [here](#).

Zappa & Menuhin Exclusives On boryanabooks.com

** Nigey Lennon, author of "Being Frank," The Best Book On Frank Zappa, Is Interviewed * A Never Before Released Recording of Pianist Yaltah Menuhin Playing Ernest Bloch's Visions & Prophecies * A Landmark Media Ecology Soul Salon Broadcast * The Real Boryana of Boryanabooks Dances On The Beach*

Los Angeles, California (PRWEB) July 14, 2009 -- The music section of www.boryanabooks.com has been updated with a never-before-heard recording of pianist Yaltah Menuhin playing Ernest Bloch's Visions & Prophecies. There's also a recording of a 1938 recording of Mozart Sonata K.378 she made with her brother, violinist Yehudi Menuhin, when she was 16. Yaltah is the mother of author Lionel Rolfe, whose books are featured on www.boryanabooks.com. Two of those books, "The Menuhins: A Family Odyssey" and "The Uncommon Friendship of Yaltah Menuhin and Willa Cather" are available through the web site.

Nigey Lennon, musician/writer and author of the groundbreaking memoir *Being Frank: My Time with Frank Zappa*, has just been interviewed for Boryanabooks.com, which will soon publish an updated e-book of the title.

The front page of www.boryanabooks.com also features the real and original Boryana who inspired the name of this website. You will see why as she dances on the beach. And it will give an insight into why www.boryanabooks.com makes people sing and prance and dance.

Also, www.boryanabooks.com features an improved recording of Lionel Rolfe's nearly two-hour appearance at the Media Ecology Soul Salon held at the Unurban Coffeehouse in Santa Monica, an event put on by long time Venice-based impresario Gerry Fialka whose interviews of modern thinkers addressing the metaphysics of their callings and the nitty-gritty of their crafts are now more than a decade old.

Gerry Fialka, a film curator, writer, lecturer, and paramedia-ecologist has conducted interactive workshops at UCLA, MIT, San Francisco's Yerba Buena Art Center, the Ann Arbor Film Festival, Culver City High School, and more. His public interview series MESS has included the likes of Alexis Smith, Abraham Polonsky, Mary Woronov, Paul Krassner, Hunter Drohojowska-Philp, Kristine McKenna, John Sinclair and Orson Bean. Fialka's series revived the original 1970 MESS (McLuhan Emergency Strategy Seminar) with McLuhan, Buckminster Fuller and Ted Carpenter.

Fialka said that there was no better person to illuminate the intersection of arts and politics in Los Angeles than Rolfe, whose groundbreaking book "Literary L.A." revealed the rich history of the city's forgotten literary scene, from Charles Bukowski to Robinson Jeffers, Aldous Huxley to Nathaniel West.

Rolfe, he said, described the authors who made L.A. home and looked at the stories and struggles behind the creation of a culture. Lionel Rolfe has written seven books, including "Literary L.A.," "Fat Man on the Left" and "The Uncommon Friendship of Willa Cather and Yaltah Menuhin." He is the product of the beat coffeehouses of Venice and Los Angeles in the late '50s, the civil rights movement and counterculture politics of the '60s, and later was a staff writer for the old Los Angeles Free Press, the San Francisco Chronicle, back when it was a good newspaper, as well as a regular contributor in the Sunday magazines of the Herald-Examiner and the L.A.



Times.

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You can read the online version of this press release [here](#).



New Energy Guide Takes the Guesswork Out of Going Green and Saving Energy

A new energy guide helps identify which energy efficient changes save more money more quickly, allowing consumers to better decide which green choices are worth the cost. Then, by understanding which changes will result in saving energy more quickly, a rapid return on investment can be expected.

Drums, PA (PRWEB) July 13, 2009 -- Alternative Power Choices and David Nelmes announces the release of a new energy guide, 'The Rewards of Making Energy-Efficient Choices'. This new book helps redefine the process of going green by providing information and illustrations that allow consumers to better decide which green choices are worth the cost.

The idea of going green often includes thoughts of major expenses or drastic life changes, but this may not be necessary. This new book helps identify which energy efficient changes result in [saving energy](#) more quickly, resulting in a more rapid return on investment.

By providing a more practical approach to [going green](#), this book helps eliminate wasted effort and speeds up the process of saving money by helping to more quickly reduce energy consumption. The end result is that anyone can adapt their home to save energy and help the environment while also reducing their living expenses.

David Nelmes, author of this new energy guide, started his career as an electrical construction assistant in the nuclear power plant industry and later became part of a family based heating and air conditioning business. This combined electrical, heating, air conditioning and plumbing background set the stage for him to form a well rounded perspective of how energy should be used, and where it is being wasted.

"A common issue with conserving energy or going green is that many of the ideas to reduce energy consumption or to generate your own power, require substantial investments of time or money," explains Mr. Nelmes. "Some people can afford to make those commitments, but it can be difficult for the average guy to find a place to start. That's where this book fits in. It helps to define where the average person can more affordably start going green by learning how to approach energy efficiency from a more practical point of view."

Topics covered in the book include insulating and sealing your home, selecting the best heating and air conditioning system, lighting and appliance selection, creating hot water more efficiently, using renewable wind power and [solar energy](#), powering your vehicle, and references to funding and loan sources to help with energy related home improvements.

"The overall message of the book is not to be discouraged if you can't afford many of the high-end energy saving or energy generating systems," Nelmes adds. "You can start going green right now and reduce your monthly energy costs because the most important steps to take are often just changes in habit or minor home improvements."



Throughout the book, many web site references are also provided to help the reader obtain additional information from the manufacturers and distributors of many [energy saving products](#). This capacity to obtain information beyond the boundaries of the book itself is very helpful and makes the book a bit more interactive than most.

"Information about how to best save energy or create energy is constantly growing and adapting to the current needs of our society," Nelmes expresses. "So to ensure this book has the potential to adapt to new and innovative ideas and products, an author commentary section and a public forum were added to our web site so that new information will be always be at the fingertips of all who visit."

Overall, 'The Rewards of Making Energy-Efficient Choices' provides an inspiring and positive approach to making simple changes today that may provide savings that can be applied to making even greater changes in the future. For anyone who desires to be green, but just does not know where to start or is discouraged by the possible expense of doing so, this book provides the necessary information and motivation to get started.

'The Rewards of Making Energy-Efficient Choices' is currently available through the authors Web site, [Energy Efficient Choices](#), where the author is also regularly available to answer energy conservation related questions submitted in the [Energy Efficiency Forum](#).

About David Nelmes:

David is a Home Weatherization and Energy Inspector in Pennsylvania, specializing in the fields of Heating and Air Conditioning, Electrical Wiring, and Interiors/Insulation.

His career highlights include the position of assistant electrical construction engineer for three nuclear power plants; serving as an administrator, engineer, and installer in the heating and air conditioning field; and working as primary Webmaster, administrator, and advertising consultant for a well-established home and garden Web site business.

David lives in Northeast Pennsylvania with his wonderful and supportive wife, Karlene, and spends his time writing, performing home weatherization and energy audits, and developing Web sites.

Contact:

David Nelmes, author

Company: Alternative Power Choices

Phone: 570-504-5582

Web site: <http://www.energyefficientchoices.com>

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Online Web 2.0 Version

You can read the online version of this press release [here](#).

5 Best Travel Tips for Food Allergies or Celiac Disease

Allergy and celiac cookbook author, Lisa A. Lundy offers parents a short video to make traveling easier as well as a free tip sheet, which you can download from her website www.TheSuperAllergyCookbook.com.

Buffalo, N.Y. (Vocus) July 13, 2009 -- Taking an annual vacation can cut a person's risk of heart attack by 50 percent, and middle-aged men at high risk for coronary heart disease who take frequent annual vacations are 21% less likely to die of any cause and 32% less likely to die of their coronary heart disease according to the [Travel Industry Association](#). Beyond positive health implications, travel can provide benefits in the area of relationships, education, career and productivity and save employers money in stress related absences. For the 50 million Americans who suffer from all types of allergies and the individuals who have celiac disease or gluten intolerance, or who use special diets for the health reasons, traveling can be overwhelming and difficult. Allergy and celiac cookbook author, Lisa A. Lundy offers parents [a short video](#) to make traveling easier as well as a free tip sheet, which you can download from her website www.TheSuperAllergyCookbook.com.

Ms. Lundy's 7-year old daughter, Anne, has life-threatening food allergies to milk, eggs, peanuts, and tree nuts, and has allergic reactions to additives and preservatives commonly found in foods. Lundy's son, Noah, has celiac disease and is lactose intolerant, which means that gluten-free and dairy-free foods are also a requirement for her family. "My children have extensive food requirements for their safety and well being. I dream of the day when restaurants will have safe foods that will allow my children to order from the menu. And when I say safe, I mean no chance of cross-contamination, and no chance of a poorly trained food handler. Until that day arrives, we take foods with us when we travel. We don't let food issues get in the way of having fun and living a great life," Lundy said. Anne almost died from a cross-contamination issue when she was two and a half years old, and suffered a severe reaction to the drugs given to save her life from the food reaction.

Life threatening food allergies are estimated to affect nearly 12 million Americans. The Food and Drug Administration estimates that non-life threatening food allergies or sensitivities affect 75 to 84 million people or approximately 28% of the population in the U.S. Celiac disease, which requires the use of a gluten-free diet as the treatment, affects 1% of the population or about 3 million people. "In total, these numbers add up to more than 90 million Americans having some food related issue or concern, and that number does not include the people who are using special diets for health benefits" Lundy asserted.

Beyond food allergies and sensitivities, some allergy sufferers have to worry about environmental allergies to feathers, wool, dust, mold, and chemicals. Lundy knows firsthand about that having been treated for her own dust, mold, and pollen allergies as a child. Her children have environmental allergies of varying degrees. "With the right accommodations, my daughter can travel well and she will not need her asthma medication. We often have better luck getting all our needs met with bed and breakfasts, but as more hotels going green our options are expanding" Lundy said.

Lundy's cookbook, "The Super Allergy Girl™ Allergy & Celiac Cookbook -From A Mother Who Knows™", is



a gluten-free, casein-free, dairy-free, egg-free, peanut and tree-nut free and other allergen-free resource with over 100 pages of essential information and over 225 excellent recipes. With over a decade of experience with food allergies, celiac disease and the gluten-free and casein-free diet, Lundy knows how to produce great tasting foods with the least effort possible. She is passionate about people understanding how they can use changes in their diet to resolve a wide variety of health issues and to understanding that being on a restricted diet doesn't have to limit your life. Her book is available at www.TheSuperAllergyCookbook.com.

Size: 6" x 9"

Pages: 405 pages

Soft Cover, Perfect Bound

ISBN#: 978-0-9797542-0-3

Price: \$28.95

Contact: Ms. Lisa Lundy

Phone: (716) 835-6392

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Author Bob Mitchley's New Poetry Book Seeks to Connect Readers with Optimism, Inspiration

Bob Mitchley offers his first book "Breaking Through," a new poetry compilation. The book was published, says the author, "to remind everyone how their existence is enhanced by the loving and powerful touch of God, whose presence can be sensed in every season of their lives."

Cogan Station, Pa. (PRWEB) July 13, 2009 -- Author Bob Mitchley has published his first book entitled "Breaking Through," a new poetry compilation. The book was published, says the author, "to remind everyone how their existence is enhanced by the loving and powerful touch of God, whose presence can be sensed in every season of their lives."

"In this era of change, coming at us from all directions, our hope seems to fizzle away under a much hotter sun," said Mitchley. "But there is hope, all is not lost, peace and rest can be found in the midst of our life storms. God is breaking through to you, but only if you let Him."

Mitchley said he feels the book provides an inspiring and reflective reading experience.

"'Breaking Through' is a poetry compilation specially written to remind people why they exist and why the almighty God is watching them," he said. "These poems discuss many relevant topics, like the fragility of humanity and the emotions that drive us, along with the spirituality that exists in our world, and how man relates with God and why man continues to keep searching for meaning."

Mitchley continued: "This book includes poetry that blends the descriptive narrative sense of Whitman in with the metaphoric tones of Frost. Mix in the elusive verse of Milton, and you find all is not lost."

About the Author:

First-time author Bob Mitchley's book, called "Breaking Through," consists of an array of inspirational and reflective poems based on personal experiences and his faith. Mitchley's second book, "Having It Out," is scheduled for publication in the near future.

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Lea Descaya, ext. 7421
www.Xlibris.com

"Breaking Through"

By Bob Mitchley

ISBN -- Hard cover 978-1-4363-8099-7

ISBN -- Soft cover: 978-1-4363-8098-0

Publication date: December, 2008



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Stories from the Porch: New Short Fiction told in Small-Town Voices

When it comes to small towns, Teresa Brown knows what she's talking about. After all, this award-winning author and playwright makes her home in a tiny community, the thriving, proud village of Baden, just west of Kitchener-Waterloo in southern Ontario. The author grew up in Baden -- and knows life in a small town like the back of her hand.

(PRWEB) July 13, 2009 -- Brown has put her first-hand knowledge of village life to charming use in her latest published work, entitled *Stories from the Porch*. It's a collection of light-hearted yet often poignant short stories, set in the fictional Ontario community of Baeburg. The stories are most often told in the first person: the small-town newspaper reporter at the town-hall meeting; the mill worker with stories to tell about the Maple Leaf Hotel; the funeral director with a sometimes inappropriate sense of humour.

What makes the collection work is the sheer authenticity of the characters and their stories. *Stories from the Porch* is a collection of entirely believable tales, an honest, humour-filled reflection of a small town and the funny, warm people who happen to live there. These are fictional characters, of course, but readers will quickly come to appreciate that they know these people. *Stories from the Porch* has a delightful ring of respectful authenticity -- and that's what makes the book such an engaging -- and at times quirky -- read.

Author Brown is a multi-talented writer. In addition to her work as an author and playwright, she also writes for the *Baden Outlook* community paper and has had her work published in a number of national and provincial publications. She has also been honoured a number of times in the regional Dorothy Shoemaker literary competition and took a silver medal in a 2005 shortstory competition sponsored by the Waterloo Region Record.

Brown's plays have been produced for radio and for local theatre organizations; her most recent play, *The Fire Inside*, was produced this spring for the southern Ontario based Elmira Theatre Company.

There are 12 short stories in *Stories from the Porch*. One of them, *The Mouse Game*, is already in publication. Two others, *Back and Forth* and *The Ground People*, have been honoured with regional literary awards. And the rest? Rest assured that every single one of these 12 tales is a winner, and every one is a guarantee of time well spent.

Stories from the Porch
by Teresa Brown

ISBN: 9780981218007

\$15.99

For more information visit: www.teresamariebrown.com

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Site at www.jexbo.com helps authors sell self-published comic books, children's books, fiction, non-fiction, and more at 89% savings

Dearborn, MI (PRWEB) July 13, 2009 -- To save money and learn how to sell your book and self-publish, jexbo™, www.jexbo.com, the site that helps self-published authors sell books online, is reducing their fees by 89%.

Now, authors who self-publish can sell books directly to customers for only 10¢ per month (and jexbo receives 5% of whatever the author sells). And self-published authors can market their books to customers with a no-cost Web page and marketing bookmarks. Plus, jexbo offers valuable information on how to sell your book and self-publish via their free, monthly newsletter and blog at <http://www.jexbo.blogspot.com/>.

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I Found All the Parts: Healing the Soul through Rock 'n' Roll; 2009 Coalition of Visionary Resources (COVR) Finalist

First-time author Laura Faeth's memoir I Found All the Parts gets finalist nod in COVR's Auto/Biographical category

Superior, CO (PRWEB) July 13, 2009 -- Colorado-based author Laura Faeth announces that the memoir chronicling her spiritual awakening with a famous rock band, *I Found All the Parts: Healing the Soul Through Rock 'n' Roll* (Wyatt-MacKenzie, November 2008) is a finalist in the 2009 COVR Visionary awards.

Each year at INATS-West (International New Age Trade Show, Denver, CO), COVR selects winners from the best products in the metaphysical and mind/body/spirit industry. The Visionary Awards are judged by retailers and seasoned professionals who evaluate each title based upon content, presentation, and their own knowledge of the industry. Faeth's book comes at a critical time as more and more people are exploring various spiritual paths. Though growth stagnated overall for book sellers in 2008, the Book Industry Study Group (2006) expected spiritual book sales to shoot up 50% over the next five years.

Formerly a radio market research analyst for a large communications firm in Manhattan, Faeth had a spiritual calling in 2002 to write a book that would dramatically impact her generation. "My vision is that all people will begin to remember their true spiritual nature," said Faeth. "Many rock bands, such as the Beatles, were trying to help us awaken to a deeper aspect of ourselves with modern music."

While sound therapy itself is a centuries-old method for healing, Faeth puts a new spin on these spiritual principles by illuminating the higher meaning behind rock 'n' roll. *I Found All the Parts* utilizes personal experiences at rock concerts with her favorite band to illustrate spiritual laws and explore the boundaries of human consciousness in a humorous and fast-paced format. The book also reveals how the Law of Attraction and synchronicity are constantly at work in our lives, and takes a real-life approach to topics such as numerology, alchemy, sound healing and reincarnation. An extensive online glossary of metaphysical terms in *I Found All the Parts* is available for free on Faeth's website, *Sound of Your Soul*.

"This book is fresh, original, raw, and expansive," said Tama J. Kieves, bestselling author of *This Time I Dance! Creating the Work You Love*. "Laura Faeth writes with honesty, spunk, and courage about unusual experiences that challenge our old thoughts about the nature of reality. I love and applaud her courage, honesty, and voice. This is one wild spiritual journey with an audacious guide."

I Found All the Parts: Healing the Soul through Rock 'n' Roll (ISBN: 978-1-932279-91-7) is priced at \$16.95 and distributed by Ingram, Baker & Taylor and New Leaf. Also available at all major online book sellers.

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