

FOR IMMEDIATE RELEASE

Local #1 Bestselling Author Shares Story in a New Inspirational Book, *Heal Thy Self*

June 2017 – The new transformational book, *Heal Thy Self – Tapping your Innate wisdom to Heal Your Mind, Body, and Spirit* marks Leslie Miller Jewett's debut as an Amazon #1 Bestselling Author. This powerful new anthology book by Powerful You! Publishing (\$19.95, ISBN 978-0-9970661-5-9) is a collection of stories by women from various backgrounds and experiences.

Heal Thy Self contains stories of thirty-one women who have transformed their lives through some form of self-healing. Although each of their lives and stories of healing is very different, the common thread they share is that they are grateful for their healing and now have a desire to help others heal themselves too. Each of these women emerged—feeling blessed, grateful, vibrant, and even happy! Each transformed her life—and often the lives of those around her—into one she is now happy to live and share. May you find your own inspiration and passion to Heal Thy Self.

Leslie Miller Jewett shares the story of the losses of her brother and parents and how she discovered her place in the world without her family in it. It will provide the reader with encouragement that healing is possible after the loss of loved ones.

These stories are intended to assist and provide hope, direction, and inspiration for individuals who may be experiencing similar situations and are looking to make some shifts towards self-healing, peace, and joy. The healing the authors have experienced does not mean that things are always easy for them now, but instead that they have found a way to access better responses to difficult situations and emotions.

“These authors opened their hearts to provide truthful and healing accounts of their journeys through some pretty touching and sometimes tough circumstances. They are strong women who fully deserve the peace of mind, ease, and freedom they now enjoy.” says Sue Urda, co-founder of Powerful You! Publishing.

This book celebrates the wisdom and spirit of women around the globe. It is compiled by Sue Urda and Kathy Fyler, Co-Founders of Powerful You! Inc., a connections and empowerment company designed for business, personal, and spiritual growth.

Leslie Miller Jewett is a Certified Zentangle Teacher® , Reiki Master and the owner of ZENSQRL. With a focus on art, meditation, and energy work, she hopes that sharing her knowledge and experiences will inspire others to embrace their unique qualities and help them to become comfortable in their own skin. She is available for workshops, healing sessions and speaking engagements at leslie@lesliemillerjewett.com or (857) 526-3301.

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