



For Immediate Release

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“You can live by the words in this book, and you can feel good that humanity has offered such profound reflections.”
~ Thomas Moore, author of *Care of the Soul* and *Dark Nights of the Soul*

“... beautiful and empowering book. I know it will benefit many ...”
~ Gary Zukav, author of *The Seat of the Soul* and *The Dancing Wu Li Masters*

Wisdom To Go: Betcha Can't Read Just One

In this age of instant noodles and the quick fix, where the cognoscenti down anti-oxidant-rich organic herbal chocolate and wear harmonization chips to protect their brain cells from cell-phone radiation, compiler Larry Chang has put together an anthology of quotations to provide a spiritual and motivational fix. In bits and bytes, *Wisdom for the Soul: Five Millennia of Prescriptions for Spiritual Healing* offers up psychospiritual pills to pop, nutritious soul food and mind candy to nibble on. It's good for you and tastes good too.

Passages from canonical texts, ancient sages, and masters, appear as fresh and as apropos of the human condition as the words of today's self-help gurus and motivational mavens: Ptahotep, Dattatreya, Sengcan, Milarepa, Epictetus, Rumi, Madame de Stael, Vivekananda, M. Scott Peck, Deepak Chopra, Iyanla Vanzant, Stephen Covey, Wayne Dyer, Eckhard Tolle, they're all here. It's the *Reader's Digest* of wisdom literature for those with little time to read the source volumes; here the salient essentials are pre-packaged and ready-to-go, each chosen for its timeless and universal application, as well as its poetic quality. Grouped into 220 themes under the usual headings like Acceptance, Faith, and Courage, the collection encompasses newer psychological territory such as Actualization, Avoidance/Denial, Chaos/Uncertainty, Polarity, Release, Synergy, Synthesis, Transformation, Unconscious, and more.

Although the primary aim of the collection is self-help for the individual, with extensive cross-references to factors that foster or deter growth and well-being, the material will appeal equally to the quotation collector, speech-writer, as well as to the general reader. The editor, Larry Chang, has been a student of Religious Science and Zen, and an intuitive counselor.

Wisdom for the Soul: Five Millennia of Prescriptions for Spiritual Healing, First edition, hard cover, 7 x 10, 824 pages, ISBN 0-9773391-0-6, \$49.95. Publication Fall 2006. Available at selected outlets, online at <http://www.wisdomforthesoul.org>, and to the trade from Baker & Taylor, Ingram and Quality Books.