

For Immediate Release
Media Contact: Mallory Clay
warwick@vom.com
(707) 939-9212
www.warwickassociates.net

Practicing the Soul-Centric Life: ***A New Guide to Personal and Social Transformation***

"An inspirational, practical and enlightening book . . . Gayle Swift's incredible contribution is a relevant and useful resource for our times!" Angeles Arrien, Ph.D. Cultural Anthropologist, author of *The Four-Fold Way* and *The Second Half of Life*

San Francisco, CA (May 1, 2012)-- *Why am I here? What can I do to make a difference? What is my creative purpose?* In the unsettled, confusing, even frightening world of the 21st century, these are questions that we all yearn to answer.

***The 32 Keys: Awakening to Soul* lays out a step-by-step, interactive, soulful process that leads readers to discover the life they were intended to live and the unique gifts they have to offer through shared purpose.**

A teacher, storyteller and healer who has worked with individuals and groups for many years, and also a Director of Nurse Education, author Gayle Swift presents a detailed, fascinating and very hands-on guidebook laid out in thirty-two illustrated chapters.

Swift describes ancient cross-cultural practices, relating them to today's life. In each of the 32 chapters she presents healing meditations, reflective questions, specific resources, and myriad ways to engage deeply with one's soul and center of creativity.

"Be the artist, standing before your palette, ready to make your mark. Focused on your tasks, undisturbed by the critical, noisy, reactionary mind, you are free to be the star of your life . . . letting go of the entangled cognitive distortions of the critic gives you a new center of possibility. You are about to bring forth your goals, dreams, and ideas and weave them into place in the outer world."

A manual for every seeker of true fulfillment, spiritual re-engagement and personal and community healing, *The 32 Keys* lights a path to the soul as the perfect design, the true "myth carrier" and source of power and purpose for our times. Swift has consolidated the wisdom of her years of holistic health care and teaching into a joyful new guide to personal expression and focus on a meaningful life.

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About the author: **Gayle Swift**, MSN, RN, is an Educational Program Director in Integrative Health Practices in a hospital-health services complex. She works with individuals and groups as a teacher and healer.

*"The 32 Keys provides a space where answers find their way to your questions. This extraordinary work is important for anyone interested in living their creative life dream." -- Dr. Jeanne Achtenberg, author of *Rituals of Healing and Woman as Healer**

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