

For Immediate Release

Media Contact: Simon Warwick-Smith
warwick@vom.com
(707) 939-9212
www.warwickassociates.com

INSTANT HEALING IN A WORLD OF TURMOIL: A COMFORTING NEW GUIDE FROM DR. SUSAN SHUMSKY

"Shumsky has been there. That's what makes her a great teacher."

—Larry Dossey, bestselling author of *Healing Words*

San Francisco, CA (January 22, 2013) — With our failing economy, housing values plummeting, climate change and catastrophes around the world, it's no wonder we are increasingly confused and fearful. How can we restore our inner peace and re-verse the downward spiral of anxiety?

By an author and spiritual guide renowned worldwide for her unique brand of meditation and healing techniques, a new book—*Instant Healing: Gain Inner Strength, Empower Yourself, and Create Your Destiny*— is a timely guide to transforming one's state of mind. In addition, Dr. Susan Shumsky is famous for her easy-to-understand, practical technology for contacting the divine presence and listening to the inner voice.

By using prayers and affirmations, readers experience immediate healing, comfort, and solace, while at the same time regaining their self-empowerment, their inner strength and emotional wellness. *Instant Healing* contains hundreds of healing affirmations, along with instructions on how to use them. The methods are simple and effective, and require no background or training. Readers will learn to:

- Use the mighty "I Am" presence
- Clear out negative vibrations
- Heal deep patterns and belief systems
- Release undue attachments, co-dependencies and addictions
- Improve relationships and create greater intimacy
- Heal blockages in the way of heartfelt desires
- Attract prosperity and success

Providing training in non-denominational, universal methods of spiritual healing, *Instant Healing* teaches readers how to heal themselves and solve everyday problems.

About the author:

A pioneer in the fields of consciousness and spirituality and a popular speaker, **Dr. Susan Shumsky** has appeared on TV and radio hundreds of times and has been featured on literally thousands of media outlets, from *Woman's World*, *Cosmopolitan*, *GQ*, *Los Angeles Times* and *PBS to Coast to Coast AM* with George Noory, *NBC*, *CBS*, *ABC*, and *Fox News*.

For more than two decades, she has been associated with Deepak Chopra and her mentor, Maharishi Mahesh Yogi, guru of the Beatles and Deepak Chopra; she served on the Maharishi's personal staff for seven years.

Shumsky is the founder of Divine Revelation®, a technology for contacting the divine presence, and hearing and testing the inner voice, and receiving clear divine guidance. She has taught meditation, self-development, and intuition to students in the U.S., Canada, Europe, and the Far East, and has authored dozens of seminars and classes and published audio and video workshops.

Dr. Shumsky is the author of award-winning books that include:

- *Ascension: Connecting With the Immortal Masters and Beings of Light*
- *Exploring Auras: Cleansing and Strengthening Your Energy Field*
- *Exploring Chakras: Awaken Your Untapped Energy*
- *How to Hear the Voice of God*
- *Divine Revelation*
- *Miracle Prayer*

#

Title: *Instant Healing: Gain Inner Strength, Empower Yourself, and Create Your Destiny*

Pub Date: January 22, 2013

Author: Susan G. Shumsky

Publisher: New Page Books, a division of Career Press

ISBN-13: 978-1-60163-239

Format: paperback, 6" X 9", 224 pages

Price: \$15.99

Distributors: New Leaf, Baker & Taylor, Ingram, Bookazine, Brodart, Nutri-Books, Partners Book Dist.

Information: www.newpagebooks.com, www.warwickassociates.com

Subjects: New Thought

Rights: World