

# A STORIED LIFE PUBLISHING

a division of ASL Marketing, Inc.

## FOR IMMEDIATE RELEASE

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## A STORIED LIFE ANNOUNCES RELEASE OF *WAKE UP TO YOUR STORIES* BOOK

*"Wake Up to Your Stories is the new Artist's Way. With simple lessons, meditations and exercises, Alyson Mead creates a warm, inviting and fun atmosphere to use your personal stories to connect with loved ones, leave something behind for future generations, or even establish a new writing practice. Alyson's help was invaluable in the creation of my memoir—in fact, I believe she was sent from above."*

— Hilary Momberger, Author of *Peanuts to Percocet: Scenes from a Hollywood Childhood*

(LOS ANGELES, CA)—(September 7, 2006)—A Storied Life Publishing announces the release of *Wake Up to Your Stories: Using the Art of Personal Narrative to Heal Your Past, Nurture Your Relationships & Ask for What You're Worth* on September 19, 2006.

"I am definitely a writer with a spiritual practice," said author Alyson Mead, "and in nearly twenty years of studying varied spiritual disciplines, I've noticed a strong connection between storytelling and the wellspring of greater divine energy in all of them. *Wake Up to Your Stories* is my way of helping people access that connection on a daily basis, using the power of their own stories, and the stories of their families."

Featuring lively first-person experiences, as well as meditation and follow-up exercises, *Wake Up to Your Stories* is designed to assist writers and non-writers alike in accessing their personal stories, as well as family stories that can shed light on personal issues.

Mead said, "So many people carry the stories of their ancestors around unconsciously, and this causes deep-seated psychological wounds that can affect personal relationships as well as the achievement of personal and professional goals. Only in waking up to the way they're using stories can someone hope to move beyond whatever's holding them back."

A Storied Life Publishing is an independent publishing house specializing in books and CDs related to personal stories, memoir and oral tradition.

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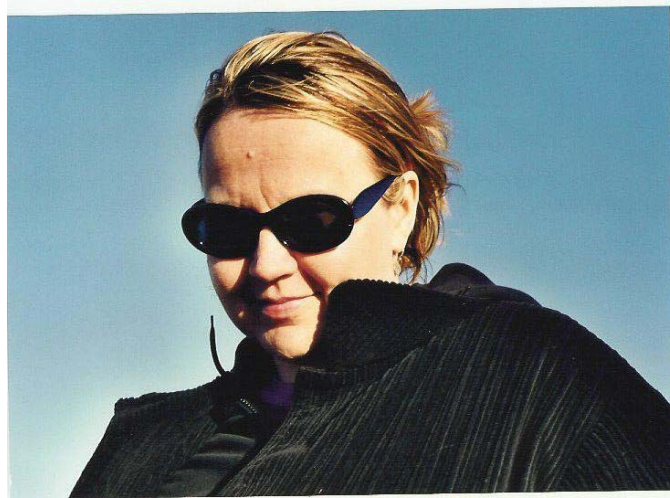
The company will release *Wake Up to Your Stories* exclusively through Amazon.com on September 19 and offer over \$500 in free incentives in the form of related downloadable e-books, MP3 files, special reports, mini-courses and white papers to customers who purchase the book on its first day of release.

A Storied Life Marketing Director Noel Brinkerhoff said, “*Wake Up to Your Stories* is a book that can literally help everyone overcome personal obstacles, so we’re offering as many incentives as possible for people to buy the book. Alyson is a wonderful, giving writer, and I have the utmost confidence that her system will translate to a large audience.”

Review copies of *Wake Up to Your Stories* are available by contacting Brinkerhoff at [Info@FindYourProsperity.com](mailto:Info@FindYourProsperity.com). Mead is also available for interviews beginning September 7.

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**Alyson Mead**'s fiction, essays and articles have appeared in over twenty-five publications, including *Salon*, *In These Times*, *Bitch*, *BUST*, *Whole Life Times*, *Punk Planet*, *MSNBC*, *The Sun*, *AOL*, *Rockpile*, *ChickClick*, *Tapestry*, *The Stylus*, and the *New York Daily News*, among others.

She has received the Columbine Award for Screenwriting, the Roy W. Dean Filmmaking Grant and a *Writer's Digest* Award. Her work also appears in the anthology *Stories of Strength*, benefiting the victims of Hurricane Katrina. She lives and works in Los Angeles.