

Decision-making Made Simpler:

Atlanta's Newest Author Provides a Resource to Make It Happen

ATLANTA, GA, May 5, 2009/candi dugas, llc Press Release/ – In times of transition and change, we can rack our brains trying to decide what to do next. Such decisions can be simpler when one is fully in touch with one's self.

One way to achieve this connection with self is through meditation, specifically with one of Atlanta's newest book releases, *Bootlicked to Balanced: Healing the Mind, Freeing the Spirit*.

Bootlicked to Balanced, penned by Atlanta native Candi Dugas (<http://candidugas.com>), asks readers, "At this very moment, are you, your greatest self?" As an inspirational author, Dugas throws this question out into the open, a challenge to find and face one's true self. From this journey, readers learn to take care of their whole selves - spirit, soul, and body.

In her book, *Bootlicked to Balanced*, Dugas is one of few authors who specifically leads readers on a God-seeking journey through mediation and Christian scripture. Relating her own experience of soul-searching and finding God, she guides readers daily along a four-week meditative journey, beginning by introducing the reader to the concept of meditation and the need to be still. Dugas introduced a Christian meditation bible study to an Atlanta congregation in 2004. Former student, Audrienne Light told Dugas, "Your insight to meditation and your sharing it with me, changed my life! I cannot wait to get your book. I really need to re-focus."

In *Bootlicked to Balanced* readers engage in four weeks of daily meditations, all the while walking along the author's journey toward freedom and be-ing. For the first three weeks, readers are guided to meditate in silence or with music, with attentive breathing, and with movement. For the fourth week, readers may choose, each day, which form of meditation they will practice. The journey is one of discovering and reconciling the self's essential parts in order to move closer to God.

Bootlicked encourages readers to let their inner voices speak, face their issues, converse with God, and become their greatest selves.

Through 10 am, Friday, May 8, 2009 Bootlicked to Balanced: Healing the Mind, Freeing the Spirit is available at a special Mother's Day price of \$11.99 at <http://candidugas.com>.

About Candi Dugas and candi dugas, llc – Candi Dugas has been writing since she could put pencil to paper. While *Bootlicked to Balanced* is her debut published work, Dugas has written and staged many plays and skits for schools, churches, and non-profits over the past 20+ years. She is investing her passion for the plight of God's people in the creation of candi dugas, llc (cd llc). cd llc is designed to contribute excellence, innovation, and integrity to the world community – especially during this time of ethical and economic recovery. One of the few Atlanta natives left, Dugas lives in Midtown with her teen-aged daughter and their fat cat. For more information, visit <http://candidugas.com>.

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