

PRESS RELEASE

FOR IMMEDIATE RELEASE:

Calgary author's newly released self-help book a testament in overcoming emotional and physical challenges.

Calgary, December 1, 2018 Finding the way back to a high quality of life after experiencing physical and/or emotional trauma isn't easy, but it absolutely can be done according to certified holistic counselor and nutritionist Penny Hodgson in her newly released self-help book *Mind Files: Perception, Perspective & Problems*.

Mind Files: Perception, Perspective & Problems describes how the mind's process of collecting, assessing, categorizing, storing and referencing information can create problems in our lives. Providing detailed and raw personal examples, Hodgson outlines the step by step emotional healing process she developed through a combination of education and personal experience.

Penny is no stranger to life challenges. Born with severe bilateral hip dysplasia, Penny has undergone over a dozen major orthopedic surgeries to keep her pain free and walking. She was molested by a family member as a child and raped at thirteen by the drunk father of the children she was babysitting. The perspectives she developed as a result of these early experiences set the course for decades of conflict, frustration and unhappiness. Listening to the internal guidance from her spirit and forming a relationship with God helped Penny find her way to true forgiveness, peace and happiness. Working her way through the files in the filing cabinets of her own mind laid the foundation for *Mind Files: Perception, Perspective and Problems*.

Mind Files: Perception, Perspective & Problems is available for digital download through the Friesen Press Bookstore, Google Books, iTunes, Kindle, and Kobo. Paperback and hardcover copies can be ordered through the Friesen Press Bookstore and at Amazon.

Contact information:

Book website: www.mindfiles.ca

Holistic Consulting website: www.chironswayconsulting.com

Email: chironswayconsulting@gmail.com

Phone: (587) 435-6440

###