

Media Contact:

Paula Krapf

paula@amarketingexpert.com

(630) 725-8499

Twitter: <http://twitter.com/PaulaatAME>

FOR IMMEDIATE RELEASE



Finding Joy and Purpose in Life

**Author shares his personal journey to happiness
supplemented by an array of insights into self-discovery and fulfillment**

(COLUMBUS, OHIO) – How do you feel when you wake up each day? Can you say an emphatic "yes" to the day that is about to begin, or do you dread even getting out of bed?

You can learn to say "yes," and in the process discover the path to true, long-lasting happiness, overcome barriers and find joy in your life. ***Comfort, Healing, and Joy: Secrets to Living a Magnificent Life*** by David Fox, M.D., shares countless pearls of wisdom so you can experience the happiness you deserve, now and in the future.

Drawing from disparate sources that include psychology, NLP, cognitive therapy, Eastern spiritual practices, Buddhism, and motivational literature, *Comfort, Healing, and Joy* offers insights that form an easy-to-read collection of simple truths that will lead you on your own path of self-discovery.

For an excerpt, visit <http://comforthealingandjoy.com/wp-content/uploads/2010/09/chjexcerpt.pdf>

About the author: David Fox, M.D. is a specialist in Maternal Fetal Medicine, an expert in personal growth and development, Master Practitioner of Neuro Linguistic Programming (NLP), experienced meditator, award-winning teacher, hypnotist, black belt in Tae Kwon Do, marathon runner, and avid cook.

Dr. Fox graduated summa cum laude with a degree in philosophy from the University of Cincinnati, where he was inducted into Phi Beta Kappa. He earned his medical degree from The Ohio State University. He lives in Columbus, Ohio. Learn more at <http://comforthealingandjoy.com/>.

“Comfort, Healing, and Joy is a caring guide that ushers us into claiming our birthright of inner and outer wholeness. It is a most excellent medicine for healing any sense of lack, limitation or unworthiness, and for stepping into the innate capacities of the human heart and spirit. Savor it!”

~ Michael Bernard Beckwith, author of Spiritual Liberation: Fulfilling Your Soul’s Potential

Title: Comfort, Healing, and Joy: Secrets to Living a Magnificent Life

Author: David Fox, M.D.

Genre: Self Help

ISBN: 978-1-934509-34-0

Publication Date: October 2010

Pages: 208

Price:

Publisher: Love Your Life Publishing, Inc.

###