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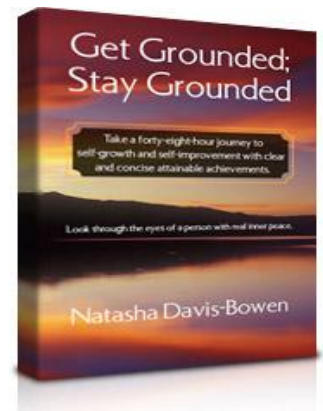
FOR IMMEDIATE RELEASE



Atlanta, GA – Author, Natasha Davis-Bowen presents ***Get Grounded; Stay Grounded***. This book is a powerful tool that gives insight to every area of your life. Mrs. Davis-Bowen desires to encourage, enlighten, and empower everyone she comes in contact with. ***Get Grounded; Stay Grounded*** has been written as a gift to all with the hopes that within the pages of this book, a place of happiness, joy, and peace will be found.

Get Grounded; Stay Grounded

Natasha Davis-Bowen birthed her book ***Get Grounded; Stay Grounded*** after many years of imparting words of encouragement and upliftment into the lives of family and friends. “For as long as I can remember people have been coming to me, sharing with me things that they are or have been going through”, states Mrs. Bowen. “This book was truly a gift from God because I never had plans or a desire to write. One day during meditation God spoke to me and told me to “write it down” and so, I wrote my experiences and what was in my heart down. We all have choices in life and decisions we have to make. We can choose to either be happy or be unhappy. First, we must look within ourselves and learn how to Get Grounded; Stay Grounded.” Author Natasha Davis-Bowen reveals that getting grounded and staying grounded brings a sense of peace and joy. It brings mental stability and effective decision-making. It ushers in acceptance of yourself as well as diversity. It allows a person to be humble and gives birth to understanding and wisdom.



This book is like none before it! It speaks to the masses and allows individuals to take a trip inward. It allows readers to renew their sense of self and establish healthy, prosperous relationships, and discover their true purpose in life. Author Natasha Davis-Bowen invites you to take a 48-hour journey to self-growth and self improvement and learn how to ***Get Grounded; Stay Grounded***.

This book is currently available at local bookstores, Xlibris.com, Barnes and Nobles Online Bookstore and Amazon.com.

For additional book information visit www.GetGroundedStayGrounded.com

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