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NEWS RELEASE

For Immediate Release
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True Love is a Spiritual Quest Says Paulo Coelho-esque New Visionary, Chic-Lit Novel

[Ashland, OR – September 23, 2014] — A quest for true love turns into something far more when hot sex, spiritual truths and a novel blessed by the John of God energies in Brazil collide. Heather Strang's new novel "The Quest: A Tale of Desire and Magic" (RiverWood Books, September 2014) is simultaneously chic lit and visionary fiction and is being hailed as a "wild, sexy read" (Anaiya Sophia) and a book that "takes you on a journey deep within" (Gabrielle Bernstein).

Set in the progressive, trend capital of Portland, Oregon, "The Quest" shares one woman's search for great love as 30-year-old Kathryn attempts to capture what she desires most, while avoiding the treacherous pitfalls of self-sabotage. Little does she know that her quest is leading her to life-changing spiritual truths.

When Kathryn assumes she's found "The One" prophesized to enter her life, the Universe works tirelessly to bring her experiences and synchronicities that force her to think for herself. Along the way, she's visited by new and old friends who remind her that finding "The One" requires deeper insight into the self. Armed with this knowledge, Kathryn makes a shocking discovery that forces her to reconsider everything she thought to be true—from her lifelong Quest to her desire to bypass motherhood. "The Quest" takes readers on a ride filled with humor, sex, and soulful insights.

Strang is a Portland native, writer, Certified BodyTalk Practitioner and Shambhala Multidimensional Reiki healer. "The Quest" brings together her interests in spirituality and living a life of wonder, magic, and great sex. The book's launch supplements Strang's teaching work and her Soul Alignment and Love.Sex.Magic. courses. She also had the book blessed in Brazil by John of God, a healer Strang credits with healing her when she was incredibly sick 7 years ago.

A gifted teacher, her message and mission is to enliven people to live their highest truths and can be summed up in her declaration that, *"You have the right to glow with love, to radiate positive energy, to live fancy-pants, to talk to trees/animals/nature/God, to eat an entire chocolate bar in one sitting, to dance with magic daily, to toast every moment of joy, to sleep in most days, to smile at everyone, to take the uncharted path, to receive millions just being who you are, to love whomever you desire with the fullness of your heart. You have the right to make this your most rockin life yet. No apologies, no diminishment of self. Just all you, being your all."*

"The Quest" is published by RiverWood Books, an imprint of White Cloud Press, and is available nationally and internationally through Publishers Group West/Perseus Books.

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About the book:

Paperback: 186 pages

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www.whitecloudpress.com

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About the Author:

Heather Strang is the author of *The Quest: A Tale of Desire & Magic* (currently being optioned as a feature-length film), *Following Bliss*, and *Anatomy of the Heart: Love Poems*. She is a Certified BodyTalk Practitioner and Shambhala Multidimensional Reiki healer, and became interested in holistic healthcare after utilizing energy medicine to heal herself – first via John of God in Brazil and then using BodyTalk. Currently, Heather blends the power of BodyTalk, intuitive wisdom and John of God healing energy to share with individuals one-on-one and by facilitating a host of courses, retreats and healing circles. She holds a BS in Liberal Studies with an emphasis in English and Women's Studies from Portland State University, and graduated Summa Cum Laude. When she's not engaged in some form of work-play, you'll find her meditating in her pajamas, dancing down the aisles of the grocery store, and/or exploring the possibilities of the Universe through books and travel. Learn more at:

www.HeatherStrang.com.