

## FOR IMMEDIATE PRESS RELEASE

Contact: Tanya J. Miller | Email: [info@tanyajmiller.com](mailto:info@tanyajmiller.com) | Phone: 469.373.4343

Thank you for the opportunity to discuss partnering with you to gain your help in spreading the word about my book, *Mind Matters: Get Out of Your Head and Jump Into Life*; and journal, *Mind Matters: Get Your Mind Right*!

The book and journal are both motivational and inspirational guides now on Amazon and at [www.tanyajmiller.com](http://www.tanyajmiller.com) I am interested in the opportunity to have a book signing at your location, or pursue any other opportunity that is open and optional. Below you will find information about the book, journal, and me. I hope to gain the opportunity to work and speak with you to promote the book and journal. Please feel free to contact me with any questions; as I hope to speak with you soon regarding setting up a date for a Book Signing at your location.

### The Book, *Mind Matters: Get Out of Your Head and Jump Into Life*

Do you ever get lost in the maze of your mind? When your thoughts start spiraling in a continuous loop—positive or negative—it can seem impossible to consider a different idea or even catch your breath. If the way you think greatly influences the way you live, then it's important to know how to manage your thoughts and channel their power to improve your life, rather than hinder it.

*Mind Matters* explores practical ways you can bring balance to your thought life, from replacing anxious thoughts with hopeful ones to curbing unnecessary thinking altogether. It also points out traps that keep you stuck, like "clearing your mind" by airing your thoughts to anyone that will listen via Facebook or the occasional tantrum and outburst.

As you learn the art of controlling your thoughts, you will be able to focus on what you can do in the present to experience the life you want in the future. Whether you struggle with anxious thoughts or just need a few tips to better manage your mind, this easy-to-read guide provides you with simple instructions you can immediately put into practice.

### The Journal, *Mind Matters: Get Your Mind Right*

Your thoughts are powerful, which means what you are thinking matters. However, it's easy to get trapped in your mind—whether by blissful daydreams or anxiety spirals—and held back in your life.

In *Mind Matters* the book, it taught you simple steps that will enable you to keep your thoughts in check so you can focus on and improve your present reality. You will now need to ensure that you will do what it takes to stay out of your head and be a part of life.

With the *Get Your Mind Right* journal, you will have a way to talk through those tough times or hard situations that you may face or go through in life. Those unfortunate moments, those devastating memories, those challenging problems - they won't own you. You will have the tools in this guide, and you will be able to put in the work necessary to take care of your mind matters.

Live well. Live life alive, on purpose, and out loud!

### About the Author:

Tanya J. Miller is a certified life coach with over eighteen years' experience working with youth, young adults, and women throughout the community and in ministry to pursue purpose, passion and destiny.

Tanya holds a BBA in finance and business management from Northwood University and an MBA from Regent University and is also certified as a Lean Six Sigma Green Belt and Scrum Master.

Her lifelong passion for writing eventually led her to start the blog *Talking with Tanya* in 2005. *Mind Matters* is her debut book. Tanya is married and currently lives in the Dallas/Fort Worth Metroplex.

### Connect + Share:

YouTube search @TalkingwithTanyaTwT  
Instagram @TalkingwithTanya  
Snapchat @TalkingwithTanya  
[www.talkingwithtanya.com](http://www.talkingwithtanya.com)  
[shop.tanyajmiller.com](http://shop.tanyajmiller.com)

Facebook @TalkingwithTanya  
Twitter @TalkingwitTanya  
Periscope @TalkingwithTanya  
[www.tanyajmiller.com](http://www.tanyajmiller.com)  
[school.tanyajmiller.com](http://school.tanyajmiller.com)

