



PHOTOS AVAILABLE: Oct. 6 - Inspirational Author Anna Mitchell Reaches Inside - and Out - at New Jersey Book Signing

From 11:00 a.m. to 2:00 p.m., Mitchell welcomes readers at the Robin's Nest Restaurant at 2 Washington Street in Mt. Holly.

For Immediate Release

MOUNT HOLLY, N.J./EWORLDWIRE/Sep. 21, 2007 --- With the power to reach into the private corners of the reader's heart, Anna Mitchell has taken her words - along with her spiritual strength and words of Scripture - to the pages of "The Worst of Times is the Best of Times."

Mitchell's story of grappling with loss is not unlike anyone else who struggles with loss of any kind - the passage through stages of shock, denial, anger, bargaining, depression, submission and reinvestment of self. After reaching out to live her dream, Mitchell's world crumbles and unveils God's purpose for her: to minister to others who have experienced loss. Using her abilities, talents and skills, she transformed her sorrow into service and penned out a comprehensive guidebook for coping with setbacks and resuming the journey to success.

As a result of moving through her own pain, Mitchell identified keys people can carry within themselves to comeback from devastating events and situations and explains in simple language how to apply these life-changing principles to refocus and restore. She created practical tools such as worksheets people can use to take action immediately. In addition to her own story, she shares the stories of others who, too, have overcome adversity in many forms.

"I wrote the book to help others understand that during trials - quite literally in my case - and tribulations, their belief in God's Word is being tested," said Mitchell.

From practicing a healthy lifestyle to releasing hurt in prayer, Mitchell's words speak volumes about the ability of the human spirit - courtesy God - to conquer and find comfort. Her final parting thoughts share what she learned from the challenge, how she emerged stronger and offer encouragement to others who may feel lost. Mitchell offers a list of discussion questions for book club and reading groups who want to more fully explore and share the lessons Mitchell has learned. Those interested in ordering the book can visit '<http://www.annamitchell.org>' to find details.

Anna Maria Mitchell is an accomplished motivational speaker, lecturer and businesswoman, aside from her literary works as a gifted playwright and director. Her educational achievements include a bachelor's degree in accounting and business and a master's degree in public administration from Rutgers, The State University of New Jersey.

Anna Mitchell invites calls about her work and possible speaking engagements; she can be reached at (609) 288-6094.

MEDIA: Review copies of the book may be directed to info@annamitchell.org or by calling Anna Mitchell personally at (609) 288-6094.

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Anna Mitchell has taken her words to the pages of "The Worst of Times is the Best of Times."

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: Book Cover (size: 0.0 k)

The Worst of Times is the Best of Times

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