

Lori Rubenstein and Sacred Life Publishers  
FOR IMMEDIATE RELEASE

**Local Author and Forgiveness Expert Releases New Book  
“*Forgiveness: Heal Your Past and Find the Peace YOU  
Deserve*”**

Clarkdale, AZ – October 18, 2012 – Meet local author Lori Rubenstein on October 25<sup>th</sup> at 6 p.m. for a book signing for her latest book, *Forgiveness: Heal Your Past and Find the Peace YOU Deserve*.

Rubenstein has been on a journey and each of her earlier books has been a stop along the way. Now, with *Forgiveness: Heal Your Past and Find the Peace You Deserve*, she’s not satisfied with simply moving forward --- she’s seriously determined to pick up the pace!

Popular wisdom enjoys telling us that it’s not about the destination but, rather, the journey itself that’s important. Perhaps. Rubenstein, however, believes that we are each on an evolutionary path that is leading us to our ultimate destination. The author recognizes that we all define that destination according to our own belief system --- and that it doesn’t make any difference what we call it.

So, where are we going? Home. Or, as the author likes to say, “back to love.”

You would think the line to get on board for this trip would be long indeed! And it is. But the journey is not an easy one. Obstacles constantly crop up to block the path --- abuse, neglect, abandonment, rejection and on and on. Love may be on the other side but what if we don’t have the strength to make it through?

That’s exactly why Rubenstein believes she was guided to write this book. Through her own life experiences and assisting others with theirs, she has come to recognize the incredible power of forgiveness!

*“It is my belief that, in this new golden era of ours, the energies into which we are stepping will allow us all to remember who we are at a core level, spiritual beings having human experiences. When we remember this, our thoughts, values, and actions naturally follow. As we change our perceptions and rise above holding onto past grudges, hurts, anger and fears, so do the energies and perceptions of others around us naturally and miraculously also change.”*

Forgiveness is the key. It is the difference between struggling over, around or through the issues that can create near paralysis or simply having them dissolve before our eyes. Pretty powerful stuff! And what’s even more exciting is that we have complete control over the process. It is our *choice* to practice forgiveness and it doesn’t depend on the participation of anyone else!

But, it’s easy enough to say that forgiveness is the answer. We’ve been told things like that all of our lives. Having the key doesn’t do much good if you don’t know how to use it to unlock the door. That’s where Rubenstein’s experience as a Forgiveness Teacher comes in as she lays out the specific steps for the “living with forgiveness” process.

*Forgiveness: Heal Your Past and Find the Peace You Deserve* is presented in a clear, down-to-earth format. Along with amazing messages channeled by enlightened masters and spiritual beings are real-life examples shared by the author and others struggling with issues that most will easily relate to. These combine to lead the reader to the awareness that there’s something almost miraculous in discovering that the very things that seemed to hold us back are actually the most powerful tools in moving us forward.

Rubenstein’s own personal journey has resulted in the belief that *nothing* is unforgivable and that the discovering of that is literally transformational. That’s the power and the gift that she offers with this book.

*Forgiveness: Heal Your Past and Find the Peace You Deserve* is available in hardcopy for \$16.95 through Amazon at <http://www.amazon.com/Forgivness-Heal-Your-Peace-Deserve/dp/0982233167/> . Kindle version at <http://www.amazon.com/Forgiveness-Heal-Peace-Deserve-ebook/dp/B009GA6UYA/> Availability at other online retailers and retail stores nationwide will soon follow.

Anyone wishing to learn more about this inspiring and life-altering new book can do so at the book signing at the Sedona Barnes and Noble bookstore on October 25<sup>th</sup> at 6 p.m. . Don't miss your chance to meet the author and leave with your own copy of *Forgiveness: Heal Your Past and Find the Peace You Deserve!*

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