

Author: Grace Allison
Category: Inspirational Spiritual
Print ISBN: 978-0-9988308-0-3
Publisher: Modern Mystic Media

Media Kit

[Author Bio](#)

[Book Bio](#)

[Testimonials](#)

[Target Audience](#)

[Book Excerpt](#)

[Interview Questions](#)

[Story Ideas for Reporters](#)

[Downloadable Author & Book Photos](#)

[Contact Author](#)

Author Bio

Grace Allison is an award-winning self-help and motivational author who has assisted thousands to find their spiritual wisdom to solve everyday challenges.

She is a prime example of someone who pulled herself up by her bootstraps and took notes along the way. When she turned to writing, she chose subjects that she was intimately familiar with—and their scope is surprising.

Over the course of her adult life, Grace became a serious student of the spiritual. She found that, often, psychological principles and practices were incomplete, but could be filled out by adding the missing spiritual component. Her approach was always to find practical applications for what she uncovered in the mystical. It was through immersing herself in this field of study and experience that she came up with her idea for her second book, *Einstein's Compass*, currently in progress.

Grace is a successful award-winning author, modern mystic, wellness consultant, business development advisor, marketing coach and workshop facilitator. She has faced many life challenges, including a life-threatening disease, and used what she encountered as a stimulus to gain greater happiness and fulfillment. She lives in Lubbock, Texas, with her husband John Blair, and maintains a private health and success coaching practice.



Grace Allison

Do You Have a Dream Workbook

5 Keys
to Realize
Your Dream



GRACE ALLISON
M O D E R N M Y S T I C

Author: Grace Allison
Category: Inspirational Spiritual
Print ISBN: 978-0-9988308-0-3
Publisher: Modern Mystic Media

Book Bio

*Learn how to
change*

Fear into Fun

Take charge of your life NOW!
The 5 Key Personal Workbook provides powerful keys on life and living, advancement and how to create positive change.

One of the primary things I discovered as I was going through my process is that our world is in a process of change, and change is one key element to most people's discomfort and distraction from their happiness.

Change does *not* have to be difficult. So, the book reveals connected spiritual and psychological keys to:

Understand change

Re-define change so it doesn't have to be distressing

Use situations of change to propel you forward instead of holding you back

Empower yourself no matter what life throws at you

TESTIMONIALS



"An inspiring guide to stepping into personal ownership and creative ability to enjoy the life of your dreams. She offers a route to challenge self-imposed doubt, stress and self-judgment on the way to achieving what you most want in your heart of hearts."

Anne Naylor – Inspirational Coach/Writer Huffington Post



"I worked with this book while I was figuring out my next steps, and it was the perfect blend of the mystical and practical. I recommend it to anyone who is working through a transition."

Scott James – Leadership Team Building Coach



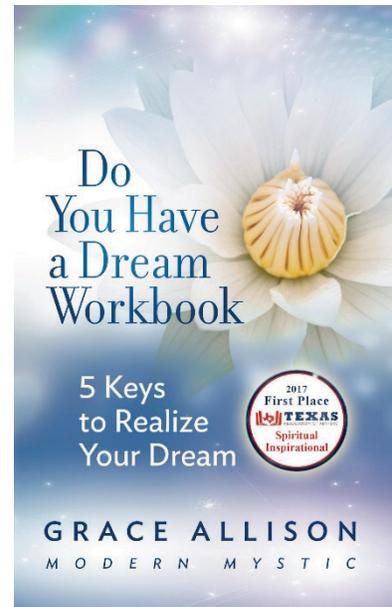
"Do You Have a Dream" had me with its promise to de-stress. Allison has a voice that does exactly that. I didn't find her to be too woo woo-ey. She has a touch of the practical about her. I advise this book if you are a reader who has been avoiding "dreamer" books--or even if you haven't.

*Carolyn Howard-Johnson, Author
"How to Do It Frugally" series of books*

"In her profoundly readable, workable book, Grace Allison shows herself to be a wise woman, who has triumphed over great adversity, learnt the life lessons, and emerged as a formidable teacher of how to succeed - on all the levels. Paul Hunting – "Shakespeare's Revelation"

"The author Grace Allison has created an innovative, beautifully simple and amazingly effective "playbook" for clarifying and realizing your heart's deepest desires. If you have a dream or ever had a dream that hasn't yet manifested or if you would like to have a dream and REALIZE your dream, this dazzling little award-winning book is a "treasure chest" and great place to start!" Charles Betterton, Director University for Better Living

*Grace has concisely compiled a collection of ancient wisdoms formatted for life in the present moment, as workable tools to assist the reader to apply the principles to any situation or circumstance in their life. A diamond for the mind, this book is honest, to the point, filled with loving compassion, a wonderful guide for anyone seeking a life of living love.
Louise Davidson*

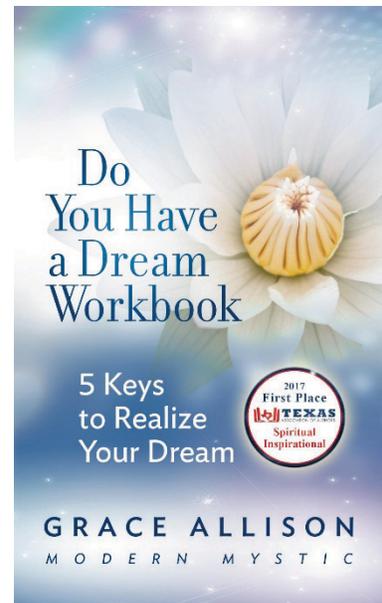


Book Excerpt

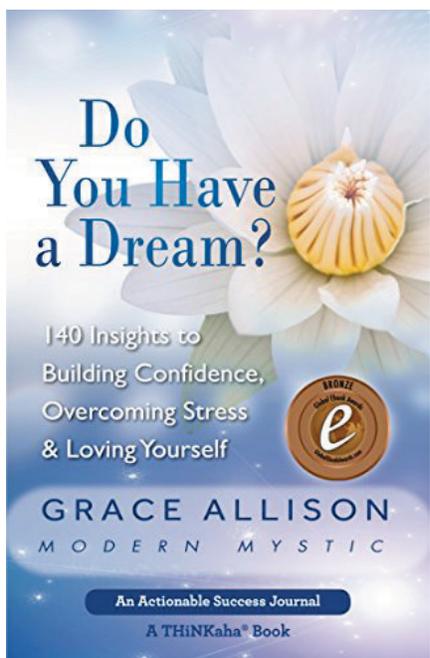
*It is not the strongest or the
most intelligent who will
survive but those who can
best manage change*
CHARLES DARWIN

If at First You Don't Succeed, Change the Rules

Fear is challenging each person to awaken to their loving inside. Some of us are being tested with lost jobs or dying family members, maybe your home has been destroyed in a natural disaster, or perhaps, like me, you have had toxic family issues and serious illness. These are all part of the greater change that God is delivering to each person. It is a time of reassessment and inner discovery. Change can be scary, but it does not have to be. God is calling us to be more accountable in our relationships with each other and ourselves. We have opportunities and choices to make. Will we respond to our opportunities with love or with fear?



Interview Questions

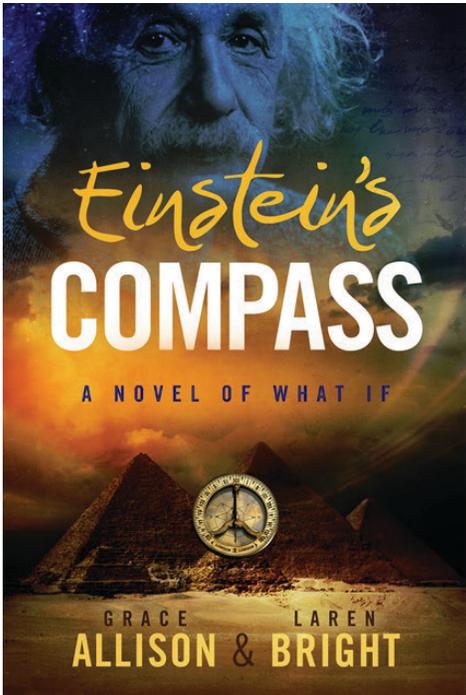
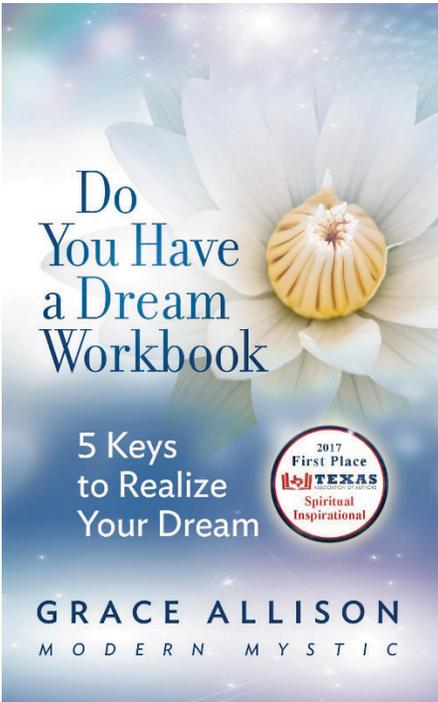


1. Why do you call yourself a modern mystic?
2. How did you decide to write your first award winning spiritual non-fiction book, “A Dream is a Wish the Heart Makes”?
3. Why did you write your second award-winning book, “Do You Have a Dream Workbook”?
4. I understand you are writing a new science-fiction thriller, “Einstein’s Compass A Novel of What If”. Tell us about that. Why write this book?
5. What's the most important thing readers will learn from “Do You Have a Dream Workbook 5 Keys to Realize Your Dream”?
6. People listening to this often struggle with change. What's your best advice on how they can deal with that?
7. In the book, you say "(include a controversial or compelling statement or a key point)." Why do you feel that way?
8. When do you write? Is it easier to write in the morning or at night?
9. What formats, eBook, Audiobook, Workbook “Do You Have a Dream” can we find?
10. Where can we buy the book?
11. When is “Einstein’s Compass a Novel of What If” coming out?
12. Did you narrate your audiobook “Do You Have a Dream 140 Insights to Building Confidence, Overcoming Stress & Loving Yourself”?

DOWNLOADABLE PHOTOS

I appreciate requests for photographs for press use. Email and let us know where you post your article, so we can link to it.

-Thank you.





Connect with Grace Allison

Email: grace@ModernMysticMedia.com

Phone: 806-543-3308

Website: www.ModernMysticMedia.com

[Facebook.com/GracetheMystic](https://www.facebook.com/GracetheMystic)

[Twitter:@gracethemystic](https://twitter.com/gracethemystic)

