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P R E S S R E L E A S E

Author Vazquez Releases New Book to Wide Acclaim

Kim Vazquez, the intuitive spiritual reader who has generated buzz throughout the United States, has released her latest book to high acclaim. "New From the Inside Out: How to Transform Your Mind and Your Life" is a 108-page book that gives readers the tools needed to make significant changes in their lives. For persons struggling with fears, negative thoughts or for those who find it hard to stay positive, "Inside Out" takes readers on an insightful journey.

Although the ultimate goal in Ms. Vazquez's latest achievement is for one to find happiness and joy, the road in this process is just as important. Along the way, readers often discover inner peace as well.

"Throughout our lives, the negative thoughts and fears we accumulate become obstacles and prevent our authentic, happy nature from revealing itself," says Ms. Vazquez. "I teach my readers they aren't going to be struck by the lightning bolt of happiness one magical day. Each person has to make a decision to retrain their mind to seek happiness."

Kim Vazquez found her true calling in helping others connect to their own divine guidance. As a certified Angel Therapy Practitioner®, Ms. Vazquez conducts Angel Readings through her practice, Journey with Angels. During these sessions, this spiritual counselor taps into the energy of the angels surrounding her clients and provides heavenly guidance that will bring harmony into their

lives. Her main goal during these readings is to assist her clients in the development and nourishment of their own spiritual paths.

“Kim Vazquez has changed my life,” says Michelle Ellison, a client who recently had an angel reading. “Kim was able to connect with my angels and my spirit guide and she answered so many questions I had. Before my reading, I had been filled with anxiety, but through Kim, I was able to peel back the layers of negativity. I thank her for giving me back the joy I had lost so long ago.”

Kim Vazquez, who is also the author of “Living in the Rear View Mirror,” the compelling case study that explores how our thoughts affect our reality, is available for readings, workshops and seminars. Her one-on-one reading sessions are conducted a variety of ways, including via phone and in person. The workshops and seminars require a minimum of six (6) persons in attendance.

“New From the Inside Out: How to Transform Your Mind and Your Life” published in December 2009 and retails for \$12.95. To purchase a signed copy, go to www.kimvazquez.com. Non-autographed books may be purchased at www.amazon.com or www.barnesandnoble.com.

For more information about Kim Vazquez, Journey with the Angels, or “New From the Inside Out: How to Transform Your Mind and Your Life”, go to www.kimvazquez.com.