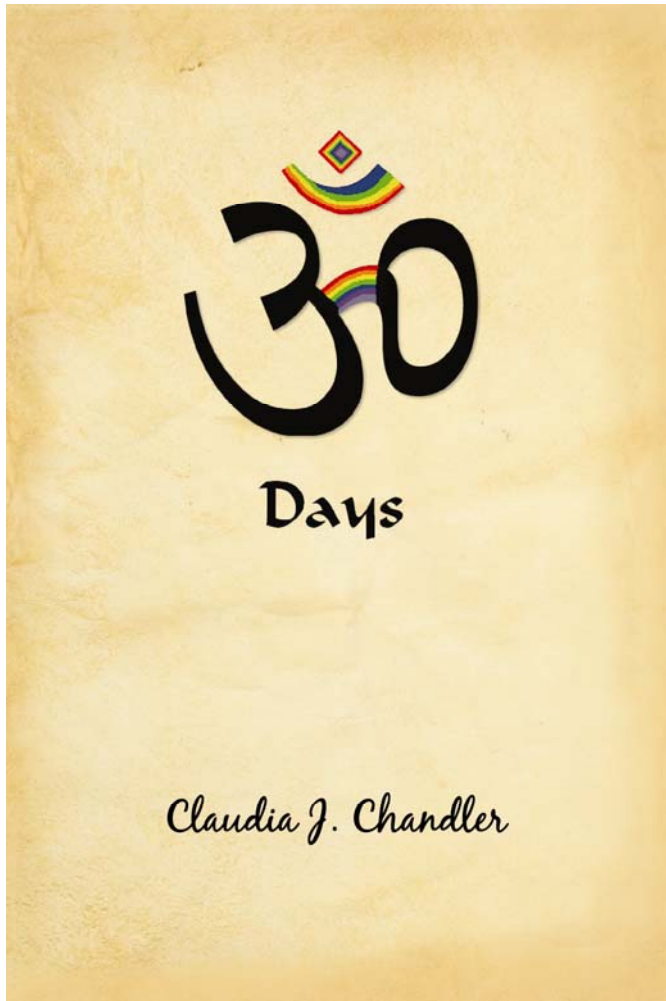


FEATURED AUTHOR

Claudia J. Chandler, author of
30 Days: A Commitment to the Creation of Joy



About the Book

30 Days is a spiritual memoir that unveils the significance of living each moment with authenticity. Claudia Chandler begins her journey in the heat of a difficult separation from her fiancé, Josh. She decides that it would be best if they take thirty days without contact in order to sort out their own feelings. Within moments of her separation from him, Claudia begins wondering if she has made a terrible mistake.

Committed to her thirty-day process, Claudia begins journaling her thoughts and feelings. As the days progress, Claudia realizes these thirty days are not really about an enforced separation from Josh. This time is a commitment to herself, to her inner transformation. These days have become her *om* days, days of inner reflection and meditation. Her journey is one of the human heart, of relationship with herself and with others. A woman's experience as she moves toward inner peace and happiness through life's many challenges.

About the Author

Claudia Chandler holds a Master's degree in Education and a Bachelor's degree in Fine Art and has been teaching for over ten years. Her extensive background in the arts includes: dance, art, theater, and writing. Claudia began writing as a personal outlet. As her writing continued, she realized that she could share her experiences with others. She felt that her stories could be supportive to those embarking on or engaged in, their own spiritual journeys. Claudia is an Interfaith Minister, Spiritual Counselor, Life Coach, and Reiki Master.

Testimonials

"I thoroughly enjoyed peeking into Claudia's heart, and hearing the tale of her 30 days. Through her humor, spiritual insights, and mental and emotional escapades ... Her sincere and beautiful sharing of all that came into her life for those days was a gift that others could benefit from reading."

—Rev. Kathryn A. Barley, Interfaith Minister/ Energy Healer