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## **40 Days to Feeling Better About You and About Life!**

*Dr. Tim Atkinson will guide you through a practice of daily mindfulness based on the Word of God.*

RAPID CITY, SOUTH DAKOTA, July 30, 2020 – Learn about mindfulness and meditation using teachings from the Holy Bible. You will learn the ancient Christian practice of silent contemplation without confusing jargon. Learn how to settle in the moment with your God-given breath and body as anchors of meditation, and battle stress and worry by merely enhancing your regular Christian practices of love, forgiveness, and humility.

"While revving up my career, I developed chronic anxiety. Mindfulness and meditation helped me a lot. Because mindfulness can be a spiritual experience, I was uncomfortable with the secular ways of teaching mindfulness. I wrote this short book to provide a simple path to Christian-based mindfulness practices," said author Tim Atkinson.

Over 40 million Americans suffer from anxiety - You don't have to be part of that statistic!

Imagine how good it would feel to wake up in the morning, not feeling anxious about what lies ahead but excited. Imagine being emotionally relaxed and at peace even when your to-do list is spilling on to multiple pages. Tim Atkinson will guide you through mindfulness and meditation not based on eastern Buddhist philosophy but the Word of God.

Dr. Tim Atkinson published 20 articles on organizational development, leadership, and corporate burnout. His work with burnout and anxiety led to the development of his first book, *Unwind: A Christian's Guide to Battling Stress, Worry, and Anxiety*.

*Unwind: A Christian's Guide to Battling Stress, Worry, and Anxiety*

978-1-63357-326-0

CrossLink Publishing, 2/2/2021, \$9.95

Available at <http://timatkinson.net>

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**About the Author:**

\_\_\_\_\_ Dr. Tim Atkinson published 20 articles on organizational development, leadership, and corporate burnout. His work with burnout and anxiety led to the development of his first book, *Unwind: A Christian's Guide to Battling Stress, Worry, and Anxiety*. Tim currently uses professional coaching to help doctors in training and medical faculty excel through professional coaching and mindfulness techniques. He is a continually improving cyclist and yoga enthusiast and has dabbled in model trains over the years. He lives with his family and two Golden-doodles, Finn and Kodi, in Arkansas.

**About the Book:**

\_\_\_\_\_ Learn about mindfulness and meditation using teachings from the Holy Bible. You will learn the ancient Christian practice of silent contemplation without confusing jargon to help you battle stress. Learn how to settle in the moment with your God-given breath and body as anchors of meditation, and battle stress and worry simply by enhancing your regular Christian practices of love, forgiveness, and humility.

Available at most outlets including Amazon, Barnes & Noble, Cokesbury, Booktopia, and Apple Books.

**Review Copies and Media Interviews:**

For a review copy of *Unwind: A Christian's Guide to Battling Stress, Worry, and Anxiety* or an interview with Tim Atkinson, please contact Tim at (501) 349-1927 or [tim@timatkinson.net](mailto:tim@timatkinson.net). When requesting a review copy, please provide street address.