

UNWIND

A CHRISTIAN'S GUIDE FOR BATTLING
STRESS, WORRY, AND ANXIETY

Life is crazy. It comes at you fast with relentless deadlines, commitments, pressures. We find ourselves running, racing, and in the process emotionally wearing down. But living with peace is possible! You can experience a calmness even during the stress and strife that life throws at you.

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.

With this quick read, Dr. Tim Atkinson will guide you through mindfulness and meditation based on the Word of God. You will be practicing mindfulness within only a few minutes of reading the book. Take some time today to do something for you mind, body and spirit.

**"This book can be a healing exercise
for your brain!"**

ABOUT THE AUTHOR

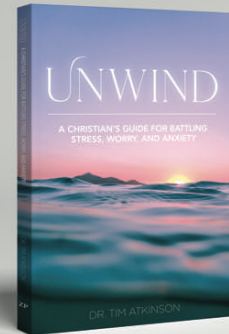


Tim Atkinson struggled with Generalized Anxiety Disorder (GAD) and used the Christian-based techniques shared in this book to experience his own healing with dramatic results. He is an Associate Professor, a certified mindfulness meditation teacher, and regularly teaches mindfulness to faculty, medical residents, medical students, and to people in the community. To read more about him visit timatkinson.net



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MARKETING INITIATIVES

1. Operating a book launch team. Established the team many months ago. I have been prepping them for what will happen in each phase.
2. Created an author page in Facebook and Amazon.
3. Created a website and connected facebook and twitter. Started blogging about the content related to the book. I have the ability to sell from the webpage.
4. Created a mailchimp marketing audience using email marketing campaign techniques. Actively engaging audience.

INTERVIEW QUESTIONS

1. Why did you write this book?
2. What makes your book different from other mindfulness books?
3. What makes your book different from other books on Christian contemplative practice?
4. Will practicing meditation heal me from my anxiety?
5. I thought mindfulness was only a Buddhist thing?