

## **FOR IMMEDIATE RELEASE**

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### **RECLAIM YOUR CREATIVE SOUL - PETALUMA AUTHOR SHARES HOW TO JUGGLE A JOB, FAMILY AND OBLIGATIONS WITH CREATIVITY AND ART**

*The secrets to organizing your full-time life to make room for your craft*

Crissi Langwell, author of award-winning novel *Forever Thirteen* and bestselling novel *The Road to Hope*, is sharing a guide to juggling a full-time life and career with art and creativity in ***Reclaim Your Creative Soul: The secrets to organizing your full-time life to make room for your craft***. Releasing on March 15, 2016, this will be Crissi Langwell's seventh published book.

Crissi Langwell wrote ***Reclaim Your Creative Soul*** as an answer to a question she has often been asked: "How do you manage to write and publish novels when you hold a full-time job, raise a family and volunteer in the community?"

"I wanted to show artists, writers and other types of creative people that it's possible to lead a busy life and still make time for your passion," Crissi Langwell said. "I don't know what I would do with myself if writing wasn't a significant part of my life. Over the past few years, I have learned ways to organize my busy schedule, as well as create boundaries around my creative time, so that I can fulfill my life's passion while also tending to the required parts of my life. With ***Reclaim Your Creative Soul***, I hope to share what I've learned with other aspiring artists so that they, too, can be a worker or parent and still feed their need to be creative."

***Reclaim Your Creative Soul*** covers five main topics on creating more time for creativity:

- Techniques to calm and quiet a busy mind
- Soul exercises to get in touch with the inner spirit
- Tips on organization, including money, home, health and more
- Boundaries to set around your creative time
- Tips on furthering creativity

Crissi Langwell is the online content producer of The Press Democrat, the regional newspaper of Sonoma County. She is the newsletter editor and a board member of Redwood Writers, a chapter of the California Writer's Club. She is a life group mentor at her church, New Life. Crissi Langwell lives in Petaluma, California with her husband and blended family of three teenagers and a ridiculous teenage dog. Her seventh book, ***Reclaim Your Creative Soul***, will release on March 15, 2016. Read more at [crissilangwell.com](http://crissilangwell.com).

Review copies are available upon request.

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