



How Will the Author Promote *Spiritual Meatloaf*?

An increasingly large number of people are attempting to deal with various addictions. This book fits well with retail bookstores as well as the specialty stores catering to the Twelve-Step community.

I am **promoting the book** by traveling to speaking engagements and signings. In addition, I have extensive contacts within some of the Twelve-Step programs, so word-of-mouth will play a large part. For example, I will be attending the International Conference of Alcoholics Anonymous on July 1-3, 2005 in Toronto, Ontario, Canada, and I will be giving away “wooden nickels” (see enclosed) to attract orders to my website at **www.spiritualmeatloaf.com**.

Spin-offs/additional books: A second book, *Spiritual Pushups for Women: Simple Daily Actions for Spiritual Growth*, is almost completed. It is a daily meditation book for women with a familiar feel and a new twist – a daily topic about personal spirituality, and also a small related task for each day. *Spiritual Pushups* offers the same eclectic spiritual approach that one finds in *Spiritual Meatloaf*, thereby making it approachable for millions of women without regard for their specific religious beliefs.