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## Take a seasonal journey to creative and joyful writing with an inspirational writing coach ...

RELEASE: April 22, 2015 PRICE: \$16.95 TRIM 5.25 x 8 x .5 PAGES: 226 ISBN: 978-1-61822-034-9

(Ashland, OR—January 2, 2015) — Ashland Creek Press is pleased to announce the forthcoming release — on Earth Day, April 22, 2015 — of poet, writing instructor, and workshop leader Cassie Premo Steele's EARTH JOY WRITING: CREATING HARMONY THROUGH JOURNALING AND NATURE.

"Earth Joy Writing is about finding joy when we align our creative practices with natural principles. It is about living in harmony with our deepest selves and the natural world. It is about committing to a mindfully creative life in collaboration with nature and, in the process, healing both ourselves and the earth."

In EARTH JOY WRITING, Cassie Premo Steele, Ph.D., draws upon her life's work as a teacher of writing, literature, and mindfulness to help writers foster a greater connection between the natural world and their own creativity. In chapters divided by seasons and months of the year, this book will guide readers and writers through reflections, exercises, meditations, and journaling prompts—all designed to help us connect more deeply with ourselves, others, and our natural surroundings. Weaving together poetry, stories, and cultural wisdom, EARTH JOY WRITING invites us to consider our connection to the earth and offers hands-on exercises that will help us meaningfully reconnect with our creative selves and with the planet we all share.

"Drawing on the intuitive and integrative connection between writing and nature, Earth Joy Writing guides the writer into a deep relationship with the world and the words that surround her. Filled with respect for the shifting seasons of the earth and our creative lives, and rich with exercises and insights, this book is a gem for writers at any level." — Laraine Herring, author of Writing Begins with the Breath

**About the author**: Cassie Premo Steele, Ph.D., is the author of twelve books and audio programs on the themes of creativity, healing, and our connection to the natural world. She works as a writing coach with clients internationally, and she also teaches mindfulness and writing classes for military families and counselors for Courage Beyond. An inspiring and nurturing leader, she guides people to live in ways that are connected to what's important to them—creativity, nature, community, family, and joy.

**Ashland Creek Press** is a boutique publisher of environmental books with a world view. For more information about Ashland Creek Press, visit <a href="https://www.AshlandCreekPress.com">www.AshlandCreekPress.com</a>.