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## FOR IMMEDIATE RELEASE

### Exciting New Book Changing Mindsets in Northern New Jersey

#### *Barnes and Noble to Host Local Author*

LINDEN, NJ - Author, Dr. Therman E. Evans, will sign his newest book "[From Purpose to Promise Driven Life: A Prescription For Making the Difference You Were Born to Make](#)" on Friday, August 21, 2009 from 6pm to 9 pm at the Rt. 22, Springfield, NJ Barnes and Noble Store. A brief question and answer period will be followed with an opportunity to meet Dr. Evans.

Picking up where Rick Warren's "The Purpose Driven Life" left off, this extraordinary book comprehensively addresses a subject, according to Evans, that has not been explored. He takes the reader on a well-documented seven-step, 49-day journey of personal transformation. The author's use of Scripture verses - which are not the usual passages we associate with problems, fears or promise - gives his book fresh, new insights as to how the Bible can be a source of comfort, encouragement, and hope. This book "has gone where none has dared to go" says Jacqueline Jenkins, CEO of Skillrise Enlightening.

Dr. Evans, who is also a motivational speaker and senior pastor of a growing multi-cultural church in Linden, NJ, says, "I made a point of structuring the book so it would be a personal journey. I wanted to write a book that would lead to the liberation and maximization of the lives of my family, friends, and others." Throughout the book Evans provides plenty of encouragement. He shows the reader practical ways to become proactive in handling his or her problems with a seven-step 49-day action plan for becoming a "promise-driven" person.

This book is one of a series of "Prescriptions" to maximize one's life, utilizing an approach that includes the "whole" human being, spirit, mind and body. For additional information, interviews, or review copies, please contact (908)925-7979 or visit <http://www.drthermanevans.com>.

ISBN: 978-0-9789508-8-0 - \$15.95. Excerpts of the book can also be found on the website.

#### About Therman E. Evans, M.D., PhD.

Dr. Evans has served as an active member on the Board of Directors for The Wellness Council of America, the National Association of Health Service Executives, and the Washington, D.C. Board of Education. He is a visiting Regent's Scholar -Lecturer at the University of California at San Diego and a Fellow of the Philadelphia College of Physicians. His corporate background experience also includes serving as the former Vice President and Corporate Medical Director of CIGNA Corporation, one of the largest healthcare companies in America.

Dr. Evans has published over 30 articles in various health journals and newspapers, and is the author of three other books, "What are the Leading Causes of Life?", "How to Keep People From Getting On Your Last Nerve", and "What in Hell do you Want?" He authored 5 booklets called "Prescriptions," and is the co-author of two books: "Lighten Up" and "Staying Strong" by Avon Publishing.

He is the recipient of several honors and recognitions. In 2003, he was appointed to the faculty of Howard University College of Medicine as Assistant Professor, Dept. of Community and Family Medicine.

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