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## FOR IMMEDIATE RELEASE

### Howard University Medical Doctor, Therman E. Evans, Releases New Book "From Purpose to Promise Driven Life"

LINDEN, NJ - Do you ever wonder why some people go to their grave with their music still in them? Do you know someone who is seeking ways to pursue their promise? Understanding WHY we need to live our promise is the first step in positively changing our behaviors. "From Purpose to Promise Driven Life" is a seven-step, 49-day journey that provides answers to these questions. With wisdom and perspective, Dr. Therman Evans ("Mr. Inspiration") delivers definitive action steps in a straightforward style. His goal is to help you recognize personal self-destructive patterns and ways to live a positive and confident "promise-driven" life.

This book picks up where Rick Warren's "The Purpose Driven Life" left off. The reader is taken beyond their purpose to identify God's promise for their life.

Throughout the book, Dr. Evans explains the principles of promise. He tells you exactly why and how affirmations work. He shows you how to prevail and make the difference you were born to make. Evans completes each of the seven steps in Chapter 6, How to Live Promise Driven Life, with relevant scriptures and insightful and personalized affirmations. His suggested daily activities gives each reader the opportunity to evaluate his or her position in problem-driven areas of their lives; and as a result, gets them to pinpoint positive resolutions for handling and ultimately tracking their transformation.

Dr. Evans 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 also provides plenty of encouragement and suggested action steps. He shows the reader practical ways to become proactive in handling his or her problems with a seven-step, 49-day plan to becoming "promise-driven" individuals. Evans has already received accolades from peers and medical professionals.

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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