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PRESS RELEASE

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FROM THE HEART OF GOLD COUNTRY, CA, A NUGGET OF A BOOK WINS TOP HONORS

FOR IMMEDIATE RELEASE PLACERVILLE, CALIFORNIA - *Changing Planes: a Metaphysical Fiction* by author Laurie J. Brenner was named *finalist* in the Fiction and Literature: New Age Fiction category by The National "Best Book 2009 Awards" in October of 2009, together with award finalists and winners from the nation's top publishers and independent presses in the 2009 USA BEST BOOKS AWARDS.

Brenner was joined by thousands of contestants with books published by top publishing firms of Simon & Schuster, Penguin, McGraw-Hill, John Wiley & Sons, as well of hundreds of independent houses. Brenner published this book herself, using Createspace.com, a self-publishing arm of Amazon.com for those more adventurous authors.

Changing Planes is a contemporary new age tale where you travel with Madison Reeves, a business executive, on a spiritual journey of the heart. Madison, who avoids intimacy as if it were a disease, won't admit to herself that it is her own heart that truly terrifies her: for buried there are painful secrets.

When Madison tries escaping on a Bahamas vacation, she discovers that there is another force at work in her life, as odd things happen before she leaves the ground. After landing in a terminal hung suspended between the worlds of the living and the dead, she is greeted by her long deceased grandfather as she disembarks from the plane. It is here in this place between life and death that she must look within her own heart to unveil its secrets if she is to live free and face loved ones from a familiar past and an unfamiliar future.

Will she choose what her heart deeply knows is best? Or will she turn and run again? Book your journey between worlds today and enjoy a near-cinematic passage that brings you face-to-face with a "movie" your heart reads.

About the author: Brenner, a native of San Diego, California, now lives in Northern California, on the western slope of the Sierra just this side of Lake Tahoe on her 10 acre slice of heaven with husband, Gordon, their two dogs, four cats and a myriad of creatures from the visible and invisible realms of nature. For further information about the author, her availability for interviews, workshops, and books signings, or if you wish to order discounted multiple book copies, please contact her at <http://www.ChangingPlanes.net>.

Reviews

Exciting Visionary Fiction

Laurie Brenner's *Changing Planes* is high quality visionary fiction that everyone will benefit from. An engaging story intertwines with profound wisdom. You find yourself having many *Aha Moments*. "Madison — you live in multiple dimensions — you have multiple selves living right now...if you are unhappy with your life, you have but to change it." It's absolutely brilliant from start to finish –

Dyan Garris, award winning author of "Money and Manifesting" and Publisher of Voice of the Angels Magazine.

Top Pick for the Spiritual Fiction Reader

What would you do differently? is a question so often asked of people. *Changing Planes: A Metaphysical Fiction* is an exploration of many metaphysical concepts through fiction. Author Laurie J. Brenner uses her story to offer many profound ideas and will give readers much entertainment with their enlightenment. *Changing Planes* is a top pick for the spiritual fiction reader.

Midwest Book Reviews

A "Movie Your Heart Reads

"Laurie Brenner combines heart-felt emotion, psychology, fantasy, quantum physics—and, oh, yes, the ultimate wish-fulfillment in *Changing Planes*. Her characters, so completely drawn in very few words, drive the story on a direct but absolutely unknown course.

In *Changing Planes*, Laurie's near-cinematic journey brings you face-to-face with your own Insights in a movie your Heart reads as you experience several of the most satisfying *Aha! Moments* in print."

John Doyle, formerly of WSB-TV & WAGA-TV, GA

Out Of This World With This Celestine Adventure

"If you love goose bumps and tears then this is the novella for you! Follow Madison Reeves as she departs on a much needed holiday but after passing through lights resembling the Aurora Borealis, she finds herself and the other First Class passengers arriving at an airport terminal that is not the Bahamas... it is not even of this world.

What is Madison running from? What lessons does she need to learn? All is revealed on this not to be missed *Celestine Adventure* as Madison encounters loved ones from the past... and loved ones from an unfamiliar future. And as for her fellow passengers... will they welcome the mirrored aspects of themselves or deny they have any choices to make?

This is the perfect adventure to curl up this season, and make sure to cancel your plans as I guarantee this is a book you won't want to put down."

Julianne Paige, United Kingdom, Be Inspired Today Stories

Question and Answers

1. How did you come up with the idea of a novella about visiting the after life?

As an avid reader since attending grade school at Borrego Springs Elementary, in the Anza-Borrego desert of Southern California, I've always been intrigued by stories of the afterlife like *What Dreams May Come* by Richard Matheson, a well-known Twilight zone storyteller and *The Great Divorce*, by C.S. Lewis, a contemporary of J.R.R. Tolkien.

2. How did you write this and your other novel, *Little Book of Becoming-The Primer to Living Inside Out* when I understand you still have a full-time day job as an Accountant?

Like anything of the heart, when you're compelled to do something, you just do it. You get up early, you stay up late, and you take lunch at your desk and work from there. I found that it wasn't so much me writing my books, but them writing me.

When I write fiction, I see it in my head as if it was a movie in front of me and I try my best to describe what's happening. As a fine-arts painter as well, I'm very visually oriented so this isn't as hard as it sounds.

3. When did you first discover you wanted to write?

In the 5th grade. I'd read *Beautiful Joe* by Margaret Marshall Saunders and I liked the way the story was told through the voice of the dog, Joe. Because of that book, I went back to school and created my first short story about a mare and her foal, as told through the voice of the foal. I hadn't read *Black Beauty* yet when I wrote that little story. Then later on, I used to draw and make little books with my friend Jeannine that we'd "distribute."

After graduating from Coleman College, a technical college, I wrote and created advertising campaigns, radio, print, and television for Hahn Property Management, Inc. as a Marketing Director of Santa Mara Town Center and then later moved to the Sierra Nevada where I became managing editor of California's historical weekly: *The Mariposa Gazette and Miner* just outside Yosemite National Park. It was there that my love of writing, interviewing, design, and layout fully blossomed.

4. What advice would you give to aspiring writers?

Write. Write everyday. Don't just think about it. Do it. Get online, get a blog going, and write, write, write. Sign up for Ezine Articles, become an expert author, and write to your heart's content. Take part in their 100 days 100 articles campaign and this will most definitely hone your skills.

Once you've got enough writing under your belt, your own voice comes through the writing and it becomes uniquely "you." And if you get stuck, pick up Gabriele Rico's *Writing the Natural Way* – it teaches you to find your creative voice again.

5. I understand you also self-published both your books. How did you do that?

Amazon.com has this great program called CreateSpace.com that provides a means for the self-published author to create their own books and get them published as trade paperbacks. As someone with previous publishing experience (albeit newspaper) where we did the design and layout by hand, using CreateSpace was very easy and quick.

With that program, you can get your book(s) online at a very reasonable cost.

6. Why did you choose the Self-Published route as opposed to traditional book publishers?

At the age of 26, I'd written several children's picture book stories and submitted them to various publishers. Naïve to copyright laws, I didn't copyright my work when I submitted to these various publishers. A year after submitting to one of them a story of mine called the "Runaway Cloud," was published under another title and

the name of the illustrating author. This put me off writing and submitting to brick and mortar publishers. Because of my experience with publishing, I decided I wanted to contain complete control cover to cover of my work, so it was the next logical step for me to self-publish.

Most anyone can publish these days. Publishing is only the beginning though. Then there's the marketing.

7. Where can someone get your books if they are interested?

Currently my books are available for purchase at Amazon.com under their respective titles, Createspace.com, and my websites. I do provide deep discounts to book resellers and merchants if they are interested. They can contact me at my website.

8. Do you have any other books you're working on?

I have several in the planning stages, but I'm not writing them at the moment. Plus there's a monstrosity of a book I've worked on since the late 80's. It's gone through so many drafts and changes, with all its revisions; it's already bigger than War and Peace. That book is a special book and is waiting for its right moment.

Books are creations and they have their own lives. When they're ready to come forth, as the author you're hammered until you comply – at least that's been my personal experience.

9. You indicated you and your husband built your house using the law of attraction – what's that about?

As long as I can remember I've held the dream of designing and building my own home. As a native Californian, I am extremely fond of the Sierra Nevada, so when my husband and I (we were friends when we were younger) reconnected (another law of attraction story) in 1996, and married in 1998, we decided to move back to the Sierra in 2000. We purchased 10 acres and moved into a trailer after he retired. Originally, we had plans to hire construction contractors, but being naïve, we didn't realize I'd designed our house so big, and at that time, we didn't have the means to hire contractors and we were under the gun.

So armed with nothing more than pure grit and determination, the law of attraction, and the willingness to get "her" done, we took on the task of building her ourselves. Though we're both highly mechanical, neither of us had any construction experience when we started. We used contractors to do the things we couldn't: grading, foundation, HVAC, carpet, trusses, and sheetrock. We absolutely did everything else (mostly my husband with me helping on days off and weekends). It took three years to complete, and we still have ongoing projects!

We live outside of Placerville, CA, on the Western Slope of the Sierra in *Wildwind*, the house a dream built, just a red tail hawk's flight southwest of Lake Tahoe on 10 acres sliced right from heaven. We have two dogs, four cats and share our space with a myriad of creatures from the visible and invisible realms of nature.

10. How hard was it to come up with an award-winning novella?

When I wrote *Changing Planes*, I never thought about an award or awards program. As a spiritual person, I have many insights, experiences, and feelings I've always wanted to share with others. My desire has always been and remains to "touch" folks on the inside; maybe inspire them to pursue their own dreams or explore their own greater potential.

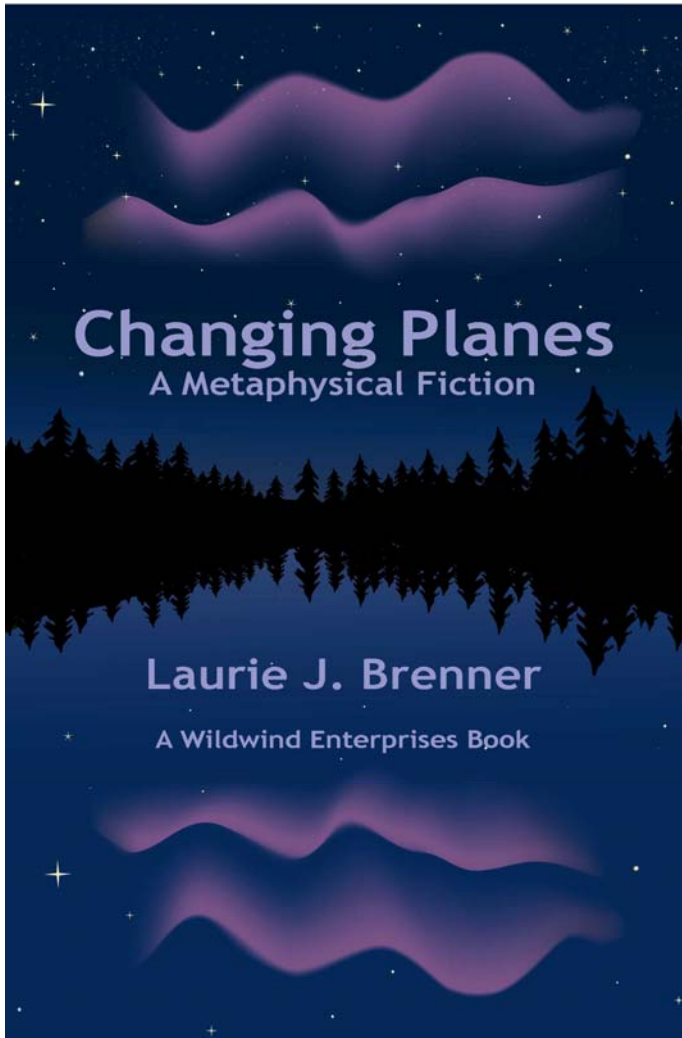
If I can touch just one person and light up their day for a moment, get them to "see" something they normally wouldn't see and feel something about their self that they wouldn't normally feel, then – I consider myself a success.

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Book Facts



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<http://www.ChangingPlanes.net>