

The Spiritual Life as the Natural Life in “*The Songbird in My Heart*”

New book embraces a Thoreau-like inner knowing of original, true nature.

Greenwood, Virginia, October 15, 2009 /Media Release/ -- Some are comparing new author Mark Steven Rhoads to Henry David Thoreau as authors who link nature’s lessons to the spiritual life. “*The Songbird in My Heart*” is a song of grace, whispering softly to anyone listening for the hushed voice of inner knowing. For many, the call is so quiet it is perceived as a vague yearning for something more in life. This is the call of the songbird in your heart.

The book has simple intentions; to help the reader recognize the simple magnificence of being and point toward the purpose of life. In addition to Henry David Thoreau, it is inspired by the work of Dainin Katagiri, H.W.L. Poonja, Don Miguel Ruiz, Eckhart Tolle and Marianne Williamson.

A video book trailer (3:00) is now available at <http://www.youtube.com/user/marksrhoads>. The video titled “I Am Spirit, A Song of Grace” combines photographs and book excerpts set to the transformative music of Maia Oden. The book is featured on the October cover of the Boomer Times and Senior Life. International Titles is representing the book at the Frankfurt Germany Book Fair, looking for global distribution partners.

Mark Steven Rhoads recounts his journey of self-discovery through the readings and philosophies that have brought him to an everyday peace that passes all understanding. The story is told within the simple, beautiful context of everyday life. While no religious and spiritual traditions are promoted, they are all encouraged and respected.

Advance Book Reviews (review copies available)

10/10/2009 “*Blending philosophical prose, simple nature poetry, and full color photography, Mark Steven Rhoads produces a read that’ll delight readers on multiple fronts, pleasing their eyes along with their mind.*” Midwest Book Review
http://www.midwestbookreview.com/sbw/oct_09.htm#rc

10/1/2009 “...this book shouted out to me to sit down in a quiet spot and relax, reading the poetry and absorbing its messages.....I cannot emphasize enough how lovely and helpful this book will be to any person sensitive enough to appreciate it. It is rare find!” Anita Finley, Boomer Times & Senior Life
<http://www.babyboomers-seniors.com/pdfs/oct09/articles/cvrbook.pdf>

7/19/2009 “an exceptional manifesto of life in these troubled times... sure to inspire...”
Torey Mitchell, Newswire
<http://www.newswire.net/newsroom/index.php/permalink/68611.html>

7/15/2009 “These brightly colored volumes indicate conscious engagement with the natural world as a means toward spiritual insight or revelation...” Graham Christian, Library Journal
<http://www.libraryjournal.com/article/CA6669009.html>

Book Facts: “*The Songbird in My Heart, The Magnificence of Being*” by Mark Steven Rhoads
5.5” by 8.5” sewn softcover with fold-in flaps, 208 pages
Four-color throughout, illustrations, photographs, tables, bibliography and index
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Contacts for the Publisher:

Belle Vista, LLC (member of the IBPA)
Publishing Division
8899 Critzers Shop Road
Afton, VA 22920
(540) 456-6861
Email: Publisher@TheSongbirdInMyHeart.com

Contacts for the Author:

Email: Mark@TheSongbirdInMyHeart.com
Website: <http://www.TheSongbirdInMyHeart.com>
Blogsite: <http://RoadtoRhoads.blogspot.com>
<http://facebook.com/RoadtoRhoads>
<http://twitter.com/RoadtoRhoads>
<http://myspace.com/MarkRhoads>