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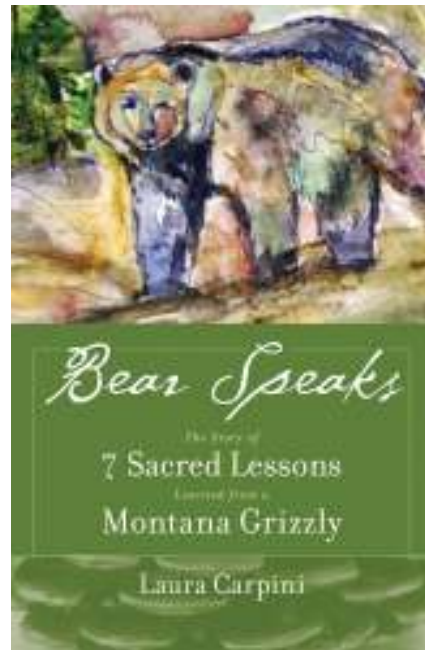
Contact: **Dalyn A. Miller**
Dalyn Miller Public Relations
617-504-6869
Dalyn@DalynMillerPR.com

October 2010

Bear Speaks

*The Story of 7 Sacred Lessons
Learned from a Montana Grizzly*
Laura Carpini

"Bear Speaks captivates the mind and teaches us to uncover the truth of Joy in modern life. I wholeheartedly recommend it." -**Erich Schiffmann**, author of *Yoga: The Spirit and Practice of Moving into Stillness*



BEAR SPEAKS (Weiser Books/October

2010/\$14.95) by **Laura Carpini** is a marvelous, fantastical teaching tale in the tradition of *The Celestine Prophecy*. A young professional woman from Los Angeles goes camping in the Montana wilderness to "find herself" and escape the pressures of family and fiancé, about whom she's having some doubts. Once in the forest, she discovers that she is anything but alone. As she explores the natural world around her, she encounters the trickster coyote, a wise old spider and an adventurous raven, all of whom have the ability to shapeshift and communicate with her, mind to mind. And soon she finds herself falling in love with a magnificent bear named Ishmel.

She writes of meeting Ishmel face to face for the first time: *"The Grizzly roars. It is like thunder. The roots of the trees around us rattle. I cower before the sound. I consider that what I thought was an earthquake may have only been His bellowing. The Grizzly speaks. His words come to me in English, not out of His bear mouth, but directly into my mind: "Fear not, Darling One. My roar is the roar of nature—the roar of all understanding." I open my mouth to speak, but cannot. "Communicate, but use your mind," the Bear continues."*

As she gets to know Ishmel, he transmits to her seven sacred lessons:

1. *All your needs will be met.*
2. *Time is an illusion.*



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3. *Have no fear.*
4. *Release into love.*
5. *Create a loving reality.*
6. *Connect energy lines to heal the world.*
7. *Vibrate with joy.*

These lessons are both familiar and new, with the ring of truth from various spiritual traditions. Above all she learns, and teaches us, that the source of your fear can become the guide for your life.

Bear Speaks tells an enchanted tale about trusting what life presents us and moving forward with the lessons we've learned. It is an ideal read for book groups and healing/recovery programs complete with a reading group discussion guide in the back of the book.

* * *

Laura Carpini graduated magna cum laude in English literature from UCLA. After a brief and disastrous career as an attorney, she became a middle school teacher. In addition to this book, she has written several screenplays. She is a yogi active in the Santa Monica yoga community. Her website is: www.BearSpeaks.com



Bear Speaks

The Story of 7 Sacred Lessons Learned from a Montana Grizzly

Laura Carpini

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orders@redwheelweiser.com

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MEDIA CONTACT – BOOK REQUESTS, EXCERPT PERMISSIONS, INTERVIEW SCHEDULING:

Dalyn A. Miller, 617-504-6869 / dalyn@dalynmillerpr.com

ALL OTHER INQUIRIES:

Bonni Hamilton, 978-465-0504 x1112 / bhamilton@redwheelweiser.com

Lisa Trudeau, 978-465-0504 x1110 / publicity@redwheelweiser.com



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