

FOR IMMEDIATE RELEASE

Leading Christian Therapist Offers New Research and Innovative Approach to Living a Thriving Life

Flourish: Discover the Daily Joy of Abundant, Vibrant Living by Catherine Hart Weber, PhD

Minneapolis, MN—Women face days full of busyness and stress that can lead to anxiety and depression. As a result, many feel like they are languishing rather than thriving, and their lives reflect this.

“We were not created just to exist and ‘get by,’ or to languish. We don’t want to live in the hum-drum of the mundane, being overtaken by weeds and worries,” said therapist, life coach and author Dr. Catherine Hart Weber. “We want to live more intentionally, to open up to a life flowing with more love, joy, gratitude, peace, and hope—the virtues that bring lasting fulfillment and impact.”

The question many women have is *how do I do that?*

Flourish is the solution: a practical guide to tending the soul.

Throughout the book Dr. Hart Weber integrates the best breakthroughs in faith-based positive psychology, neuroscience, biblical wisdom, and spiritual traditions to provide effective strategies for cultivating and strengthening positive mental and emotional states.

Yet this is no academic treatise. With an accessible and conversational writing style, Dr. Hart Weber gives the everyday woman the tools and information she needs to flourish—in her life and her relationships.

“There is a universal longing to flourish,” said Dr. Hart Weber. “We are designed for well-being in all areas of our life systems—our body, brain, mind, emotions, spirit, and relationships—in our marriages, as parents, at school, in our work and community, in our churches, with our money, and in all our daily experiences.”

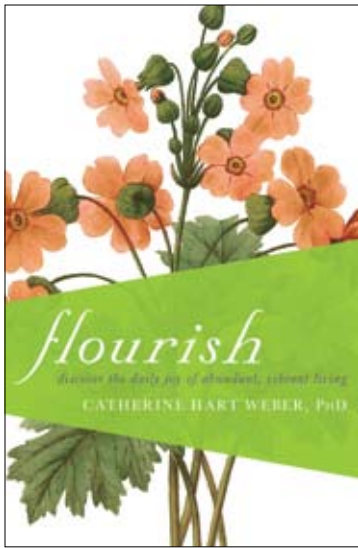
Dr. Hart Weber also demonstrates how to cultivate positive emotions—like joy, gratitude, and hope—and shows how this will foster spiritual growth, a deeper intimacy with God, and stronger relationships with those around her.

Through *Flourish*, women will not only learn how to cope with daily pressures in healthy ways, but they will also discover how they can partner with God to live life at its best—every day.

ABOUT THE AUTHOR:



Catherine Hart Weber, PhD, is a licensed marriage and family therapist, and also has a M.A. in theology. She specializes in psychotherapy and life coaching from a Christian perspective. The coauthor of *Secrets of Eve* and several other books, she writes and speaks on topics relating to marriage, parenting, sexuality, and personal wellness. She has been featured in numerous media outlets including *FamilyTalk with Dr. James Dobson*. Visit her Web site at www.howtoflourish.com.



Flourish
by Catherine Hart Weber, PhD
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“If you long for a healthy, vibrant, productive, and happy life, read this book.”
—Carol Kent, speaker and author of *Between a Rock and a Grace Place*

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