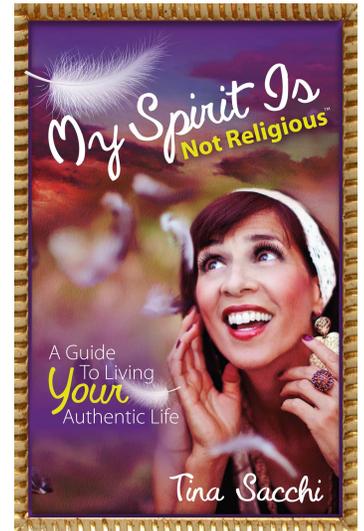


PRESS RELEASE

***My Spirit Is Not Religious: A Guide to Living YOUR Authentic Life* by Tina Sacchi**

NY, NY – May 23, 2013 – Oprah calls her viewers, “Super Soulers,” and she connects with them from her OWN network, specifically through her Super Soul Sunday TV show. SBNR is Oprah's way of life and a growing lifestyle to many and Oprah is the most prominent voice for this spiritual progression! *My Spirit Is Not Religious, A Guide to Living YOUR Authentic Life* addresses current societal trends, promotes positive growth and change. Research indicates that more and more individuals are identifying themselves as spiritual rather than religious. For instance:

- The American Religious Identification Survey has found that an increasing number of Americans say they are “spiritual but not religious.”
- The Gallup poll announced on May 29, 2013, over three-quarters of Americans (77%) say religion is losing its influence on American life.
- According to the Huffington Post, one in five adults have no religion, and this lifestyle is on a rise. People are moving toward the SBNR lifestyle, which constitute at least 20% of the population, and 30% are under 30 years of age.
- Per Tina Sacchi, best selling author of *My Spirit Is Not Religious: A Guide to Living YOUR Authentic Life*, “Celebrities like Oprah, BrAngelina and Bono are making it possible for regular people to find spirituality outside the box of organized religion.”



Millions of people today experience guilt, shame, anger, anxiety, depression, or similarly disempowering emotions as a result of their indoctrination into organized religion and more individuals are leaving the faith they were born into and identifying themselves as spiritual rather than religious. *My Spirit Is Not Religious, A Guide to Living YOUR Authentic Life*, will help you eliminate emotional obstacles while providing guidelines for living an authentic, heartfelt spiritual life via lessons delivered from personal experiences — Tina Sacchi’s as well as those of her many clients and students.

The intention is not to dismiss all organized religions, but to guide those for whom they no longer work and laying the groundwork for overcoming guilt, shame, loneliness, blame, anxiety, sadness, disappointment, and confusion. Whether you have a background in religion or not, this book will guide you to living YOUR authentic life.

Book published by New York publisher, Morgan James Publishing, and is available where all books are sold including all websites such as, Amazon.com, Barnes & Noble, Indie Bookstores, 800ceoread, Chapters Indigo, and Powell's Books.

Tina Sacchi is one of the nation’s foremost Holistic & Spiritual leaders, a best-selling author of *My Spirit Is Not Religious: A Guide to Living YOUR Authentic Life* and the creator of a series of highly successful meditation and hypnotherapy audio programs that have made bestseller lists.

Tina’s passion to help people self-heal on all four levels (spiritually, physically, mentally, and emotionally) is innate in her being. Through fun, loving, motivating, and highly effective alternative healing techniques and as a loving and caring spiritual leader, Tina has helped others release, resolve and heal limiting beliefs, imprints and patterns that no longer serve them. Tina guides others to find their inner truth, live their authentic life, make their transition to their own spiritual calling and expedites healing faster than many traditional therapies. As a result, her clients are living spiritually open and authentically.



As an accomplished TV and radio personality and speaker, Tina hosted an international radio show: *Living A Spiritual Life with Tina Sacchi*. She offers intuitively guided private sessions, group workshops, classes, and retreats worldwide and is creating a global spiritual community.

Radio Interview with *George Noory's Coast-to-Coast Am*, June 5, 2013, <http://www.tinasacchi.com/radio-shows/>



GaiamTV show interview June 2013 on *Beyond Belief*, airing date TBD



Media page with TV clips and a TV interview regarding her book: *My Spirit Is Not Religious: A Guide to Living YOUR Authentic Life*, <http://www.tinasacchi.com/mediakit/>

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