

Diana Ensign’s “Traveling Spirit” offers spiritual guide for veterans ... and others

Author’s personal experience with veteran father fuels desire to help in “Traveling Spirit”

INDIANAPOLIS, Sept. 2013 — According to the U.S. Department of Veterans Affairs, there are approximately 22,328,000 veterans living in the United States and only 8.76 million are enrolled in the VA Health Care System. An estimated 23.5 million Americans are addicted to alcohol and/or drugs, according to [Defining the Addiction Treatment Gap](#), a CATG review of the annual National Survey on Drug Use and Health released by the Substance Abuse and Mental Health Services Administration (SAMHSA).

Author Diana J. Ensign, JD, hopes to help with her new book, *Traveling Spirit: Daily Tools for Your Life’s Journey*. ([published by Balboa Press](#)).

“I never knew my father,” explains Ensign. “When I was 4-years old, he divorced my mother and returned to Vietnam to live as a civilian after his earlier military service there. When I was 16, he showed up at our house, raving drunk and pounding on the door. Many years later, my mother telephoned me with the news that my father had died in a drunk driving accident, at age 55.” (Book video <http://bit.ly/178ADhp>).

This tragic event propelled Ensign on a journey of healing as she worked toward understanding the causes of suffering for herself and her father. *Traveling Spirit* provides tools for a journey to lifelong happiness and peace. Ensign utilizes well-known practices such as meditation and yoga, to lesser-known practices such as t’ai chi, shamanism, and qigong. Not limited to veterans, the practical spiritual tools provided in *Traveling Spirit* will assist anyone seeking a more joyful life.

Ensign says, “Simple spiritual tools can help people cope with the many struggles that life presents. Whether dealing with stress, addictions, loss, grief, or simply facing life’s daily challenges, *Traveling Spirit* provides a blueprint for bringing more happiness into our lives.”

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