

FOR IMMEDIATE RELEASE

Diana Ensign's "Traveling Spirit" offers spiritual guidance for living a more joyful life.

Author's personal experience with veteran father fuels desire to help in book, "Traveling Spirit"

INDIANAPOLIS — 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 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, 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. Years later, my mother telephoned me with the news that my father had died in a drunk driving accident. He was 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 for her father.

Her journey culminated in her first book, *Traveling Spirit*, which provides tools for developing inner peace. Ensign utilizes well-known practices such as meditation and yoga, to lesser-known practices such as t'ai chi, shamanism, and qigong. The practical, spiritual tools 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.

#



For review copies or interview requests, contact:
Author: Diana J. Ensign, JD
Website: www.dianaensign.com

