

For Immediate Release

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Diana J. Ensign’s “A MOMENT OF CALM” is an Oasis of Tranquility

Author’s fourth book, A MOMENT OF CALM: Meditative and Reflective Readings, (written during the pandemic) offers inner peace in difficult times.

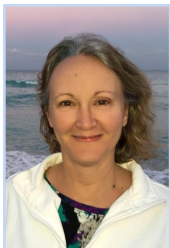
INDIANAPOLIS, Oct. 2020 — Award-winning author, Diana Ensign, a two-time Independent Publisher Book Awards (IPPY) Gold Medal Winner and twice a recipient of the Indiana Arts Commission Individual Advancement Program grant, has explored spiritual teachings and wisdom traditions for over a decade.

She says, “Whatever our situation, we can all benefit from more peace and calm in our lives.” In *A Moment of Calm* Ensign provides precisely that for the reader: a tranquil respite from chaotic busyness. Ensign does so not with a “How-To” book of instructions but rather by simply inviting us to take a few moments to peacefully enter the quiet space of our own hearts.

With 75 beautifully composed meditative essays, we are invited to delve deeper into our own lives—discovering the inner peace, healing, and joy available to us in ordinary moments. With extraordinary poetic grace, *A Moment of Calm* gently guides us to an inimitable gift of self-discovery on our path to peace.

A Moment of Calm is available from the author’s website www.dianaensign.com, Amazon, and Kindle. Her prior books include: *Heart Guide: True Stories of Grief and Healing*; *The Freedom to Be: Stories from Transgender Youth, Adults, and Their Families*; and *Traveling Spirit: Daily Tools for Your Life’s Journey*.

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