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## Facing a setback? Give your heart wings

*Transformational educator uplifts, guides others to happiness in new book*

EUGENE, Ore. – While circumstances may change in our lives, finding happiness is still up to us. But where do we find it? According to Mayoclinic.com, about 40 percent of our happiness is determined by how we deal with setbacks. As our economic climate continues to test us, throwing hurdles faster than we can jump over them, it's important to remember the power to be happy lies within each of us.

Author Kris King knows a thing or two about personal setback. A transformational educator, cancer survivor and personal growth expert, she has mentored individuals for over 20 years, helping them find peace and happiness. King, author of *My Heart Has Wings: 52 Empowering Reflections on Living, Learning and Loving* (Bridgeway Books, February 2009, ISBN 1-934454-31-1, \$19.95), began to reflect on times of joy and difficulty by writing intimate, detailed accounts from significant parts of her life, which include her teenage son's death and her fight with breast cancer.

"While coping with these challenges, I kept thinking, 'This is not the life I had ordered, and certainly not what I had worked for since youth,'" King says.

She knew something needed to change. For King, attending a series of personal-effectiveness seminars sparked the change she craved, allowing her to adjust her victim mentality and find happiness. Eventually, King's pursuit of happiness led her to reach out to others looking to live a full life, no matter the circumstance.

In *My Heart Has Wings*, King offers 52 personal reflections in the hopes these heart-felt stories will inspire others to discover their purpose in life and celebrate their uniqueness. In each story's reflection section, questions prompt readers to connect with their own struggles and accomplishments. King uses photos of her travels and family, which are paired with poignant and humorous quotes, to open each story.

"The person best qualified to turn you into a better you is ... you," King says. "All the answers lie within, and finding them just takes a little inspirational guidance."

In an interview, King can discuss:

- Tools for an extraordinary life: How to use your story for personal development
- Spring cleaning: How to move out the emotional baggage
- Spiritual detox: Using challenges for self-improvement
- Heart matters: How to give your heart wings

King is the founder and CEO of WINGS Seminars, a company dedicated to assisting individuals and organizations discover their purpose. She is a sought-after speaker and consultant on a variety of relationship and personal-growth topics. A seasoned traveler, King often visits Nepal, Bhutan and Thailand, using her trips as a means for exploring personal growth. She lives with her husband, Kyle, in Eugene, Ore. Learn more at [www.myhearthiswings.com](http://www.myhearthiswings.com).

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To schedule an interview with King or receive a review copy of *My Heart Has Wings*, please contact Shelby Sledge at (512) 478-2028 ext. 227 or [ssledge@phenixpublicity.com](mailto:ssledge@phenixpublicity.com).