



PO Box 91869, Austin, TX 78709
512-891-6100
@GreenleafBookGr
www.greenleafbookgroup.com

MEDIA CONTACT:

Kesley Smith - (512) 891-6100
ksmith@greenleafbookgroup.com

FOR IMMEDIATE RELEASE

Well Spirit Press Launches First Book; Own Your Present

June 16, 2020 (Austin, TX): Well Spirit Press is proud to announce the launch of its first book, *Own Your Present: A Psychiatrist's Guide To Mindful Meditation and Living a More Conscious Lifestyle* by Dr. Candace Good.

Well Spirit Press, the official publishing imprint of Well Spirit Collective and Urban Wellness Magazine in partnership with Greenleaf Book Group, serves thought leaders and experts in the health and wellness space, and caters to audiences of both newly interested and longtime investors in self-care and sustainability.

About Own Your Present:

In *Own Your Present*, Dr. Candace Good provides you with a path to a more mindful life, helping you become more aware of your present — your body, your mind, and your surroundings. The present, you'll come to learn, is not only a moment, but also a gift and a journey, and this book and its mindfulness exercises are your map to living in the present. You'll find practical advice, therapy techniques, and activities designed to help you begin or deepen your own mindfulness practice and reinforce a regular commitment to self-care. Candace also shares her own stories and struggles to show you what it looks like to become someone who knows how to notice what's around you, accept what is, and step up in the moment.

About Dr. Candace Good:

Candace Good, MD is a psychiatrist, author, business owner, and advocate. She founded Sig: Wellness, LLC in 2018 to make breathing, meditation, and the conscious movement of yoga more accessible to the people who can benefit the most, people like her with anxiety and other stress-related conditions. Dr. Good has extensive experience in child & adolescent, college, and inpatient mental health. She received her medical degree in 1999 from the Penn State College of Medicine in Hershey, PA where she maintains a clinical faculty appointment.

She has her Health Professional Training from the Maharishi Integrative AyurVeda Institute and is completing her meditation teacher certification through the Veda Center. Dr. Good serves as a board member for the Pennsylvania Medical Society and is a distinguished fellow of the American Academy of Child & Adolescent Psychiatry.