

Press Release
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A Travel Guide to Life

Bestselling author provides a guide for transforming yourself from Head to Soul

“Anthony’s book shows that every human being is a miracle; that we are not just our bodies, but rather, we are soul and spirit, and are therefore capable of achieving miraculous things during this adventure called life.” - **Tony Robbins**

"Move over, Dr. Phil! Anthony DeStefano's advice on how to turn your problem-filled life into something to celebrate is bare-bones, no-holds barred, no bull and spot-on brilliant." - **Kathie Lee Gifford, Co-Host, NBC's Today show**

“Anthony DeStefano’s book is a wonderful road map for people who want to be happy in this life, and at the same time prepare for ultimate happiness in the life to come.” - **Mike Huckabee , Former Governor of Arkansas; Host of Huckabee, on the Fox News Channel**

New York, April 16, 2014 – Only 1 in 3 Americans is “very happy” according to a Harris Poll released in 2013. Researchers have also dubbed this, “the most stressed” of all generations. Anthony DeStefano, bestselling author of *A Travel Guide to Heaven*, addresses the problem of unhappiness head-on in his new book, *A Travel Guide to Life* (May 13, 2014, FaithWords/Hachette Book Group), as he attempts to bring the joy of heaven down to Earth *right now*.

With candor and simplicity, DeStefano presents a framework for attaining lifelong peace and fulfillment. The path proposed by DeStefano involves purposeful action on the part of the reader, and also a renewed faith – but it offers hope to everyone, even those who are still unsure of what they believe about God. DeStefano’s book attempts to bridge the gap between self-help programs world and Christian spirituality—and the result is an uplifting, joyful and much-needed motivational guide to living life at its fullest. DeStefano’s style has been described as “Tony Robbins meets Thomas Aquinas.” The author recently said: “This is a book about how to embrace a joyful view of life without being self-delusional. A book about how to take practical actions and practical steps to transform your life from head to soul. A book about how to avoid hopeless despair and find true peace and happiness no matter what the circumstances.”

Anthony DeStefano is the bestselling author of *A Travel Guide to Heaven*, *Ten Prayers God Always Says Yes To*, and *Angels All Around Us*, as well as the award-winning children’s books, *This Little Prayer of Mine*, *Little Star*, *The Donkey that No One Could Ride*, and *A Travel Guide to Heaven for Kids*. He has received many prestigious awards from religious organizations worldwide for his efforts to advance Christian beliefs in modern culture. He lives in New York.

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