



**FOR IMMEDIATE RELEASE - Press Release for: "Think Well, Live Well Now
Book Teaches How to Harness the Power of Thoughts**

‘Boot camp guide’ helps readers unpack what’s already within them

LONGWOOD, FL— Only one thing causes a person to live either the life of their dreams or the life of their worst fears. Just one thing keeps a person healthy or causes them to be sick (or die). Only one thing causes someone to live in poverty or have financial riches: their thoughts. In her book *Think Well, Live Well Now* (\$15.99, paperback, 978-1-61215-784-9), Benay Behnke asserts that anyone can transform their life through the power of transformed thoughts—attracting health, blessing, and prosperity. Whatever a person focuses on, they cause to be.

“Every one of us has a purpose to fulfill while we are here,” says Behnke, a certified biofeedback therapist, speaker, and workshop presenter who is dedicated to bringing people a greater understanding of their physiological thought connections. “Knowledge is power, and without an understanding of how their physiology works, for or against them, people beg for the deliverance they carry within them already. The chains that bind them are in their thoughts. With hope and faith given through this knowledge, people can take the limits off their lives.” Within the book’s pages readers will learn:

- why they must harness the power of their thoughts, words, ideas, and even prayers to mold and form the life they desire.
- that just as God spoke His thoughts, thus bringing everything into existence, we who share a measure of God’s mind and thought can think and speak into existence a transformed life.
- how science has only recently discovered what the Word of God has said for thousands of years—and how the Word makes science more believable.

Xulon Press, a division of Salem Communications, is the world’s largest Christian publisher, with more than 8,000 titles published to date. Retailers may order *Think Well, Live Well Now* through Ingram Book Company and/or Spring Arbor Book Distributors. The book is available online through xulonpress.com/bookstore, amazon.com, barnesandnoble.com, and in e-book formats.