

FOR IMMEDIATE RELEASE:

Author and mental health advocate gives steps to wellness

***Power Walking, a Journey to Wholeness* by Maxine Bigby Cunningham chronicles her journey from puzzling falls to powerful walking**

BALTIMORE - *Power Walking, a Journey to Wholeness* by Maxine Bigby Cunningham uses walking as a metaphor for a restored life characterized by holistic wellness.

In an effort to achieve this state of wellbeing, Cunningham outlines the book in four steps starting with the most basic—getting on your feet. Cunningham then prompts readers to take baby steps, stay on their feet and to walk differently. Each chapter begins with scriptures, an artistic drawing and the author's personal experiences with taking each individual step. The body, mind and spirit are engaged in each step through one's own faith, love, truth and transformation.

Written when Cunningham was suffering from mysterious fainting spells, anxiety and depression, the book uses her personal experiences to help others evolve from feelings of grief, loss and depression to those that celebrate friendship, healing, hope and life. Cunningham seeks to guide, encourage, inspire and empower wellness through this collection of poetry and prose. Through the author's inspirational writing, she asserts that people can be transformed into optimally healthy beings. In *Power Walking, a Journey to Wholeness*, Cunningham intends to illustrate the relationship of mental and physical wellness with the integration of spirituality.

Cunningham hopes *Power Walking, a Journey to Wholeness* will assist readers in overcoming obstacles that prevent them from living their best life. The book aims to provide instructions through illustrations gleaned from true life experience on ways to achieve a happy and fulfilling life.

Power Walking, a Journey to Wholeness is available for sale online at Amazon.com, BookSurge.com, and through additional wholesale and retail channels worldwide.

About the Author

Maxine Bigby Cunningham is a writer and motivational speaker. A former senior executive for the federal government, Cunningham is now an ardent volunteer with National Alliance on Mental Illness (NAMI), the Center for the Integration of Spirituality and Mental Health, and other faith-based and grassroots organizations. Cunningham received a bachelor's degree from Goucher College, holds a master's of public administration degree from Syracuse University, and is a 2010 candidate for a diploma from the Baltimore School of the Bible. Cunningham has two children and one grandson.

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