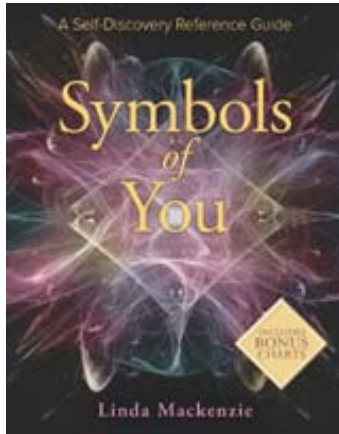




Creative Health & Spirit Publishing

NEW BOOK ANNOUCEMENT



Symbols of You

A Self-Discovery Reference Guide

Linda Mackenzie

ISBN:979-8-9867179-0-6 Trade Paper

ISBN:979-8-9867179-1-3 Ebook

Trade Paper: \$24.95 Ebook: \$9.95

8.5 X 11; 160 pages

22 B&W Illustrations; 83 Charts

Imprint: Creative Health & Spirit

Self-Help/Reference

January, 2023

Contact: Kelly Despal

kelly@healthylife.net

(310) 371-5444

Assimilate Ancient Wisdom Symbols to Increase Mindfulness, Intuition and Insight into Life Challenges

There is a vast unseen world that is available to each one of us that can provide insight into the past, present and future. When we understand and tap into this invisible world it expands our belief system to help us become more mindful and increase our intuition. Subsequently, this allows us to figure out and handle life challenges more quickly and live a fuller, richer life. To help interpret this invisible world mankind has been interacting with symbols since the beginning of time. *Symbols of You* provides a personal journey, through hundreds of symbols, on 42 Ancient Wisdom topics. When exploring these symbols, from Acupressure to Western Elements, the reader's connection to the unseen world becomes 'up close and personal' with lots of fun interaction along the way.

Linda provides an illuminating guide to the reader's own unique symbols. Using discovery exercises and easy to read charts, readers will be able to learn, explore and use their symbol to find a deeper level of themselves. They will also be able to improve their intuition to discern and gain insight into life challenges. Expanding beyond themselves they can explore family, friends or other people's symbols. The book comes complete with fill-in sheets to gather all their symbols, in one place, for easy access throughout their life. Filled with timeless information it is a 'go-to' symbols reference book that helps determine what a life or dream symbol means - whenever the need arises.

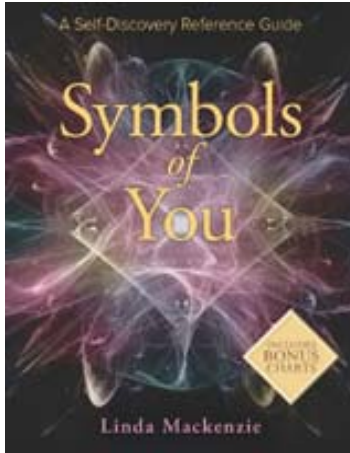


Linda Mackenzie, Founder of HealthyLife.net - All Positive Talk Radio Network and HRNpodcasts.com, was the 1st woman telecom engineer in the airlines, started the 1st used PC store in America and was President of a Dietary Supplement Manufacturing Company. Linda, one of the world's most respected God-based psychics, is an award winning multi-book author, 27 year radio host, lecturer and audio/film producer. She has appeared worldwide on hundreds of radio shows, almost all network and cable TV stations and was a star participant in several award winning documentaries.



Creative Health & Spirit Publishing

AUTHOR QUESTIONS



Symbols of You

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A step-by-step interactive guide to the Symbols of Ancient Wisdom, from Angels to Western Elements to expand knowledge, mindfulness, intuition and consciousness.

1. Why did you write the book?
2. What is a symbol and are there different kinds of symbols?
3. Why is your book beyond binary and pronouns?
- 4.. Where did you get all the information for the 83 charts in this book?
5. How does someone use your book to find their symbols?
6. What kinds of topics are covered in your book?
7. How do symbols increase mindfulness and intuition?
8. How do you use symbols in the book to help with life's challenges?
9. How have you experienced interaction with symbols in your book?
10. What are some of the bonus charts included in your book?
11. Can you use your book Symbols of You to help interpret dreams?
12. Where can people get your book and find out more about you?

As a gifted psychic, author, radio host and TV personality Linda is an expert on topics including:

- The book's 42 individual topics, from Acupressure to Western Elements
- All 17 different Psychic Abilities and Navigating the 11 Psychic Energy Zones

Social Media: Twitter: <https://twitter.com/lindamackenzie>

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Facebook: <https://www.facebook.com/linda.mackenzie.56>

Instagram: <https://www.instagram.com/healthyliferadio/>

You Tube: <https://www.youtube.com/@LindaMackenzie>

<https://www.youtube.com/@healthyliferadio>

Websites: www.lindamackenzie.net, www.healthylife.net, www.hnradio.com

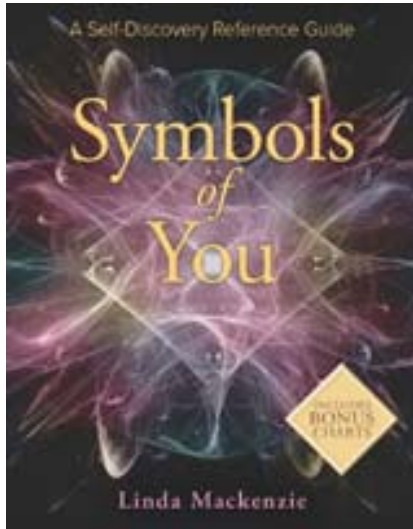
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BOOK CATALOG SHEET



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"Symbols of You is an amazing collection of knowledge and wisdom...This book is a guidebook to life...Everyone should have a copy to consult with and learn from..." - Bernie Siegel, MD

Symbols of You takes you on a personal journey into the world of Ancient Wisdom and its symbols. With fun exercises and charts you'll explore how to use symbols to help create a more positive, intuitive and connected life.

Linda Mackenzie, a multi-book author, radio host, world renowned psychic and hypnotherapist founded HealthyLife.net Radio in 2002 which reaches millions of worldwide listeners a month. She has appeared on hundreds of radio shows, almost all network/cable TV channels and in several award winning documentaries.

Benefits

- Discover your symbols and what they mean
- Expand your intuition, mindfulness and consciousness
- Get informed insight into life's challenges
- Learn about family, friends and associates
- Explore the knowledge of Ancient Wisdom

Features

- 42 Ancient Wisdom topics
- A timeless facts reference book
- 22 illustrations; 83 charts; 61 activities
- 12 fill-in sheets to record your symbols

"Linda pulls back the covers on the fact that we live in the world whose invisible relationships far outweigh those we see...in so doing, she not only invites readers to examine their consciousness through a much wider lens, but provides them the means to do just that." - Guy Finley, author of The Secret of Letting Go.

ADVERTISING

- Social Media
- Influencer Sites and Blogs
- TV, Radio and Print Ads
- Retail/Trade Journals

PUBLICITY

- 40 targeted Radio/TV Interviews
- National Press Release
- Social media/Influencers
- National Media Campaign
- Nationwide Seminars
- Nationwide Book Tour/Signings

PROMOTION

- Linda Mackenzie Show mentions
- Giveaways at Events
- Monthly Newsletters
- Kindle/Bookstore Promotions
- Remote Radio Events

DISTRIBUTION

Amazon, Barnes & Noble,
Ingram, Draft2Digital



Creative Health & Spirit Publishing

SYMBOLS OF YOU: Advanced Praise

#

Symbols Of You is an amazing collection of knowledge and wisdom. Everyone should have a copy to consult with and learn from. As a physician working with cancer patients, and others, to help them overcome the negative messages they received from health care professionals and others. I know what we can achieve when we connect with our true self and healing ability. This book is a guide book to life. So read and learn. - Bernie Siegel, MD author of *Love, Medicine & Miracles* and *The Art of Healing*.

Knowledge is the key to unlocking the great potential for growth and understanding. Through this book, Linda does an incredible job handing you those keys." - Emily A. Francis author of *The Body Heals Itself*.

Linda Mackenzie is a wise and insightful spiritual guide who takes us on a holy inner journey to self-revelation. In this fascinating and challenging book, not only do we learn the historical context of the symbols, talisman, and totems of our world's religions, faith communities, tribes, and cultures, but we are given a directional map into our own hearts and souls that enlightens and enriches. - Rabbi Wayne Dosick, Ph.D. author, *Living Judaism, The Real Name of God* and *Radical Loving*

Linda's work pulls back the covers on the fact that we live in the world whose invisible relationships far outweigh those we see, and by which we measure our lives; in so doing, she not only invites readers to examine their consciousness through a much wider lens, but provides them the means to do just that. Well done! – Guy Finley, author of *The Secret of Letting Go*

In her newest book, *Symbols of You*, Linda gives you a personal manual to self awareness so you can better understand yourself and what motivates you. Most essentially, by decoding one's spiritual symbols you can see how the Universe supports you. It helps you learn how to decipher the code of mystery in order to direct the course of your life. It is a must read for everyone looking to actualize their truest potential.- Dr. Jane Greer, author *Am I Lying To Myself*

What a wonderful book! Symbols are an aspect of our vibrational essence and we all resonate with different symbols. Linda Mackenzie's *Symbols of You* allows the reader to explore an immense variety of different symbols, their use and their meaning—angels, astrology, plants, birds, crystals, animals, numbers, chakras, tarot, Native American, sacred geometry, kabbalah, runes and so much more! It's a compendium of different esoteric knowledge from so many sources all gathered together in a single collection—encyclopedic amounts of mystic information condensed into one user friendly book. You can travel all over the world in this one volume and find symbols that resonate with you. What a blessing. With exercises, visualizations and other tools to enhance consciousness and wellness, this book is a must! Congratulations Linda on this Magical Mystical Tour of Symbols! - Andi Goldman & Jonathan Goldman, authors, *The Humming Effect and Chakra Frequencies*



Creative Health & Spirit Publishing

LINDA MACKENZIE, C.H.T., Ph.D. (c)

Linda Mackenzie is the epitome of the multi-hyphenate! A former telecom engineer who designed worldwide communications networks for the airlines and Fortune 1000 companies, Mackenzie is a mainstay in pioneering entrepreneurial spirit. She launched one of the first used PC stores, a datacom consulting firm, a gift manufacturing company and was President of a dietary supplement manufacturing corporation.

Today she heads one of her proudest accomplishments to date, as President of CREATIVE HEALTH & SPIRIT-- a Manhattan Beach based media & publishing company started in 1995 and Founder of HEALTHYLIFE.NET - ALL POSITIVE TALK RADIO which commenced in October, 2002 and HRNradio.com, an ad free subscription positive podcast portal in October, 2020.

As a former radio host of KPSL, Wisdom, PAX and CRN networks and voice of KGMD radio she aired to 26 million people on 118 cable TV channels, 41 FM channels, satellite and the Internet in over 241 markets. Today Linda continues to produce and host her radio show, the LINDA MACKENZIE SHOW. She is a frequent guest on many radio stations and in 2006 she received the ABI Great Women of the 21st Century for Radio Broadcasting. No stranger to TV and film, Linda has appeared on almost all major U.S. network and cable channels, as well as, BBC, German and Tokyo TV. Linda, a major star player in several award-winning documentaries, has written and produced MANY FACES OF PSYCHIC ABILITY, a HD DVD, released in January, 2009.

As an author, Mackenzie released her COVR award-winning book INNER INSIGHTS – THE BOOK OF CHARTS, Creative Health & Spirit, 1995, HOW TO SELF-PUBLISH YOUR PERSONAL GROWTH BOOK, Crossing Press, 1997, HELP YOURSELF HEAL WITH SELF-HYPNOSIS, Sterling Publishing, 2000 (translated and sold internationally) and SYMBOLS OF YOU, Creative Health & Spirit, 2023. As a feature writer Linda has contributed articles to many magazines including Concepts Magazine, Health & Fitness, Vitamin Retailer, Natural Pharmacy Magazine, Kinetics Magazine and Conscious Living Journal. Pursuing her dream to self-empower individuals she created audio-visualization tapes and CDs: HELP YOURSELF HEAL SERIES, Vision Quest Video & Audio, 1998; and under the Creative Health & Spirit label: the COVR award- winning TOTAL MIND-BODY-SPIRIT-WEIGHT LOSS PROGRAM June, 1999; HELP YOURSELF HEAL MENOPAUSE, June, 2000 - the 1st visualization CD for menopause symptoms.

Having realized her psychic abilities at the age of 8, it would be years later before she would seriously harness her psychic abilities to establish herself as one of the World's most profound and respected psychics. Many celebrities, politicians, musicians and companies confer with Linda because she keeps their identity in strictest privacy. As a 15-year member of the International Society for Paranormal Research, Linda was part of many paranormal investigations, including helping discern paranormal activity for the British government and aiding the Los Angeles Police Department. In January 2009 Linda Mackenzie's PSYCHIC SECRETS UNVEILED, a 17- part interactive and display museum exhibit, opened at the Paraplex Paranormal Museum in New Orleans, Louisiana. Her monthly predictions can be found on her website LindaMackenzie.net

As a Doctoral Clinical Hypnotherapist Candidate, Linda has an upbeat approach to life and health. "Information and insight is the key," claims Mackenzie, who to date has helped hundreds of thousands of people worldwide in achieving inner peace and balance. "By giving people self-empowerment tools to access their mind-body connection, I help them meet life's everyday challenges." A member of the American Board of Hypnotherapy, Mackenzie was also honored with a Certificate of Appreciation for Furthering the Profession from the International Association of Clinical Hypnotherapists and acclaimed as one of AIH's "most prolific creative minds." Linda resides close to the beach in Southern California.



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FOR IMMEDIATE RELEASE

PRESS RELEASE

Contact: kelly@healthylife.net

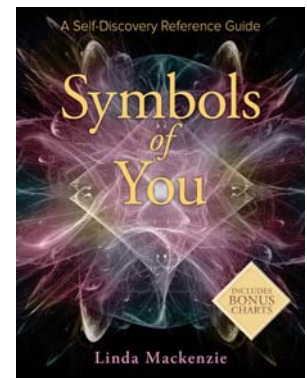
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Beyond Binary and Pronouns... 'Symbols of You' Helps Connect to Oneness

Los Angeles, CA, January 18, 2023... After spending decades helping thousands of people live positive more connected lives, globally known radio and TV expert in Psychic and bio-energetic healing, Linda Mackenzie (www.lindamackenzie.net) releases an all inclusive book 'Symbols of You.'

"Unbeknownst to most of us, the symbols that are always around us can help us discover ourselves in new, positive ways that foster connection to each other rather than divide us by false polarity or ego." says Mackenzie. "It's time to remember that although everyone is unique we are also part of the collective consciousness that helps propel the world."

This vast unseen world of collective consciousness, accessible to all of us, can provide insight into the past, present and future. Since the beginning of time mankind has interacted with symbols to interpret this unseen world and with Linda's one-of-a-kind book now you can too.



Linda combines knowledge of Ancient Wisdom and modern day teachings to provide the reader a personal journey through hundreds of symbols on 42 topics. When exploring these symbols, from Acupressure to Western Elements, the reader's connection to consciousness becomes 'up close and personal.' The book has fun discovery exercises and easy-to-read charts that are designed to help people identify their own symbols and find a deeper meaning of themselves, their family and friends. Fill-in charts are available in the book to amass all the reader's symbols in one place.

"Never has it been more imperative not to buy into fear and advance positive thought for the greater good of all. Working with symbols expands our belief system, helps us become more mindful and increases intuition." says Mackenzie. "This can lead to making more positive, informed life choices which automatically helps the collective consciousness."

Filled with timeless facts 'Symbols Of You' is also a reference book that can be used over and over again throughout the reader's lifetime. In addition, people who buy the book at Amazon, Barnes and Noble and fine bookstores everywhere will also be supporting the natural health and positive talk programs at HealthyLife.net All Positive Talk Radio since 50% of 'Symbols Of You' proceeds will be donated to support the network during this 'recession that's not a recession' time.

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About Linda Mackenzie: Linda was the 1st woman telecom engineer in the airlines, started one of the 1st used PC store in America, was President of a Dietary Supplement Manufacturing Company and is the Founder of HealthyLife.net Radio Network and HRNradio.com. She is one of the world's most respected God-based psychics, an award winning multi-book author, radio host, lecturer and audio/film producer. Linda has appeared worldwide on hundreds of radio shows, almost all TV and cable networks and was a major participant in several award winning documentaries.

About Healthylife.net Radio: Operating since 2002, HealthyLife.net Radio Network is syndicated/simulcast 24/7 over 75 distribution channels that reach 1.9 million listeners a month in 137 countries. Our all positive programs, spanning a variety of genres are hosted by over 40 recognized TV, film, radio and national experts and are designed to help people have a happy, healthy life using 'No App Listening' on almost all devices right from the HealthyLife.Net (www.healthylife.net) website.