

***I Don't Dwell* by Sam J. Shelley**

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December 4, 2014
For Immediate Release

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From Multiple Sclerosis and Bi-Polar Disorder to Symptom-Free in 18 Months: How Meditation and Mindset Shift Changed My Life

Warrington, PA, December 4, 2014 – In his new book released today, author Sam J. Shelley outlines his journey from multiple sclerosis and bi-polar hospitalization with suicidal thoughts to symptom-free and drug-free living. In just 18-months, Sam went from suicidal to loving life in a way he never dreamed possible. In ***I Don't Dwell***, (ISBN# 978-1-938257-80-3) published by Jupiter Gardens Press, Sam shares his experiences and his dream of getting off medication and into living his life once again – and in the process, offers a program to help others do the same.

Sam's story starts as a young boy when, hit by a fast-moving van, he spent several months in the hospital and several more at home rehabbing and getting his strength back. Soon after, he suffered an anxiety attack which began his spiral into chronic anxiety, catastrophic thinking and depression. In his early 20's, Sam was also diagnosed with bi-polar disorder and by 37, he suffered the worst migraine of his life and was diagnosed – and quickly hospitalized - with multiple sclerosis. His body deteriorated rapidly, quickly turning Sam into a virtual invalid, requiring a cane to walk, bladder issues, vision issues, reduced coordination on the left side of his body, near constant medical attention and all told, 13 prescriptions just to survive each day.

The view ahead with the prospect of life as a disabled person launched a long journey of discovery, determination and the awareness that his thoughts, his mind was creating havoc with his body. What happens next is nothing short of a healing miracle.

"With my health issues, suffering was a way of life. Then, one day things suddenly changed, and my health was miraculously restored. The medical community calls it a spontaneous healing. And over the course of eighteen months I made a full recovery from the trauma I suffered from the various diseases. I am no longer disabled, have no

health issues and take no medicine.

Writing about the healing and the recovery process provided clarity on how the health transformation happened. I made some deep insights about myself that I share within the book.”

Sam is now the founder of **Don't Dwell**, a practice in Warrington, PA dedicated to healing and life transformation through mindset and shift in awareness. He speaks nationally and offers group and individual healing programs for those interested in shifting their lives.

For interviews or more information about Sam Shelley and ***I Don't Dwell***, please visit www.dontdwell.org. To download a copy of the book email mjcranmore@clientcyclemarketing.com or call 860.709.4216.