



news release

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NEW BIBLE STUDY REVEALS TIPS TO “CHANGE THE WAY YOU THINK” Author and Christian Counselor Virginia Basye Carr Aims to Help Readers Win the Daily Battle Over the mind



TRADE Paperback
ISBN: 9781935507826
PRICE: \$10.99
PAGES: 144

FOR IMMEDIATE RELEASE: Author Virginia Basye Carr suffered with depression for years with thoughts and plans of suicide. She says three Bible verses changed her life: 2 Corinthians 2:4-5 which says to take every thought captive, Proverbs 23:7 which says, “For as a man thinketh in his heart, so is he” and Philippians 4:8 which tells us what to think about. These three verses are central to her new book *Change the Way You Think: Winning the Everyday Battle of the Mind*. “With God as my Guide, I studied and practiced the truths found in these three verses,” says Carr. “He completely delivered me from that hellish pit of depression. I no longer need counseling or anti-depressants, and haven’t for three years.”

The Bible study will help the reader to learn how to control her thoughts and why that is necessary. *Change the Way You Think* accomplishes this by identifying what the Bible has to say about thoughts and then reinforcing those points using interactive questions, personal application, and memory verses.

Virginia lives, studies, and writes in Chillicothe, Ohio. She is a mother of three grown children and grandmother of five. She earned an Associate Degree in Business Management Technology and a Bachelor of General Studies Degree from Ohio University while working full time and raising her children. More recently she earned a diploma in Christian counseling through Light University. She is a member of the Christian Writers Guild and the American Association of Christian Counselors and serves the Lord at Lighthouse Baptist Church.

Published by Ambassador International, *Change the Way You Think* is set for an October 2011 release. Visit www.virginiabasyecarr.com for more information. To set up an interview with Virginia contact publicist Alison Storm at media@emeraldhouse.com.

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ABOUT THE PUBLISHER: Ambassador International was founded in 1980 in Belfast, Northern Ireland and expanded to Greenville, South Carolina in 1995. Ambassador International’s books and materials have been distributed in dozens of countries and are sold worldwide. For more information visit www.ambassador-international.com. You can also follow @AmbassadorIntl on Twitter or check out Facebook.com/AmbassadorIntl.

Suggested Interview Questions

1. What lead you to write *Change the Way You Think*?
2. What was the hardest part about living with depression?
3. You've been working in ministry for years, what trends are you seeing among young women and how their thoughts are impacting their lives?
4. What are some simple tips for gaining control of our thoughts?
5. Is this book just for Christians?
6. Why do you call this a "daily battle"?