

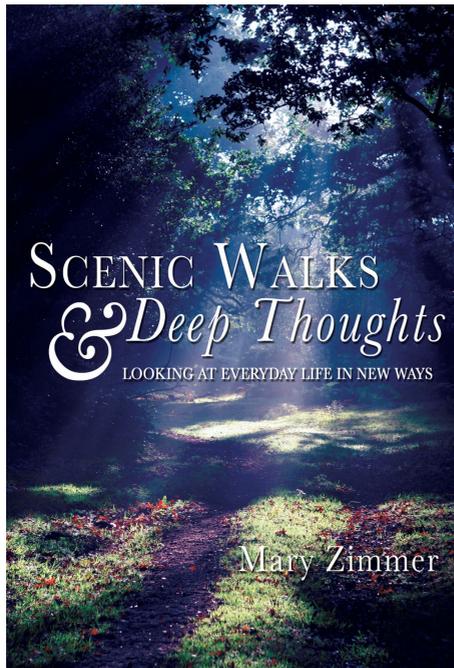


news release

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LOCAL PASTOR'S NEW BOOK OFFERS RELIEF FROM THE BUSYNESS OF LIFE AMERICANS SPENDING LESS AND LESS TIME OUTDOORS



RELEASE DATE: May 2015
TRADE Paperback
PAGES: 192
PRICE: \$13.99
ISBN: 9781620205174

For immediate release: According to a recent report, Americans spend an average of 23 hours a week emailing, texting, and using social media. And while screen time is increasing, time spent outdoors is dropping. A local pastor is encouraging others to find more enjoyment in God's creation through her new book *Scenic Walks & Deep Thoughts* (Ambassador International; May 2015; \$13.99, paperback). Inspired by her walks with her faithful fur companions, Pastor Mary Zimmer started writing her devotions in the monthly newsletters for her church. In her writings, she explores our relationship with God, the gift of life, and God's surrounding creation;

Experts say spending time outside is an essential part of promoting a healthy lifestyle and warding off obesity, psychological disorders and chronic disease. But for Zimmer, the most important benefit is a spiritual one. "Every time we open our eyes something or someone is speaking to us! God's creation – people, animals, mountains, rivers, trees (yes, and even the insects) re sending messages and providing life lessons," writes Zimmer. "Of course, our problem is an inability to see and hear all they have to say. For several years, I've been trying really hard to cultivate this wonderful awareness – and in this book, I would like to share my discoveries with you. Just turn the first page and let the journey begin!"

About the Author: Mary Zimmer serves in the West Virginia United Methodist Annual Conference where she has served as a Pastor since 1996. Prior to this, her ministry consisted of establishing a Christian preschool and volunteering two summers with the Volunteer in Mission program of the United Methodist Church on the Blackfoot Reservation and the Nez Perce Reservation. Her education includes a B.S. in Early Childhood Education, an M.Ed. in Human Relations Development, and an M.A. Degree in Missions and Evangelism.

To connect with the author or request a review copy of *Scenic Walks & Deep Thoughts*, please contact publicist Alison Storm at media@emeraldhouse.com.

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 for the author:

1. Where is your favorite place in nature to connect with God?
2. Do you think that this generation of technology-driven people needs to reconnect with the natural world?
3. What do you think are ways that people can reconnect with nature and God?
4. What do you want people to gain from your book?
5. Your book is written in a month-to-month format, but do you have any day-to-day advice to share?

Endorsements:

Mary Zimmer has a pastor's heart. It has been my privilege to serve in the capacity as Superintendent of her ministry for the past seven years. If I could use just one word to describe Mary, that word I would choose would be "encourager". Mary's words are thoughtful and spoken with kindness, and I believe the reader of "Scenic Walks and Deep Thoughts" will experience a sense of God's loving kindness. This book is inspirational and laced with meaningful passages of Scripture throughout. Nature enthusiasts and dog lovers will find a special appreciation for the outdoors as portrayed in these poignant devotional readings, and for the special bond between a human being and her canine companion. I hope you will use "Scenic Walks and Deep Thoughts" as a devotional companion for your spiritual journey. I pray that as you walk and think with this author, that you will find yourself walking and communing with the Author of life, who is our loving God. I also pray that as you read this delightful devotional work that you will be encouraged for the living of these days, and that your personal walk with Christ will grow closer. May God wonderfully and richly bless you on your journey.

—Dr. Ken Krimmel

Little Kanawha District Superintendent
of the West Virginia United Methodist Annual Conference
Mineral Wells, WV

Mary Zimmer's collection of reflections is an inspiration to anyone desiring to live with more awareness of the beauty of the earth and the presence of God in our everyday experiences. Her reflections stimulate us to develop an expanded "attitude of gratitude" preparing us to see and appreciate more of life and more of the goodness of God. Rev. Zimmer has experienced God's grace and her beautiful writings share His grace with us.

—Priscilla F Leavitt, PhD

Psychologist
Director of The Counseling and Wellness Center
Parkersburg, WV

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MARY ZIMMER

Author of "Scenic Walks & Deep Thoughts"



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Connect with the Author

 www.facebook.com/scenicwalksanddeepthoughts

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