



**Release: Immediate**

**Contact:** Pam Muller  
Manager, The Open Mind Center  
(678) 243-5074  
[pmuller@theopenmindcenter.com](mailto:pmuller@theopenmindcenter.com)  
[www.theopenmindcenter.com](http://www.theopenmindcenter.com)

### **BOOK SIGNING AT THE OPEN MIND CENTER**

**ROSWELL, GA** (March 31, 2009) –The Open Mind Center is hosting its first book signing event on Friday, April 3<sup>rd</sup> from 7:00-8:30pm. Hosting book signing events is one way The Open Mind Center has chosen to work toward their goal of being a gathering place for the community. The first book signing to be held at The Open Mind Center’s 6,800 square foot holistic facility will be by Alyson Mead, author of Wake up to Your Weight Loss: Using the Art of Personal Narrative to Achieve Your Best Body. The book was chosen as a Finalist in USA Book News' National Best Books 2008 Awards.

Wake up to Your Weight Loss combines meditation, follow-up exercises and instructions on how to identify and redirect the internal stories we tell ourselves all the time, usually without knowing it. This book can help you identify emotional problems beneath overeating, help provide motivation for exercise, and even help you completely rewrite the store of your life. At the Center, Alyson will lead a workshop and meditation followed by a book signing session. The cost of the workshop is \$5.00 and the book signing is free. Charmaine Taylor, owner of the Center, hopes that this will be the first of many prominent authors visiting the Center to share their book and message with the Roswell community.

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**About The Open Mind Center-** The Open Mind Center is dedicated to creating and inspiring a sense of hope, health and community for its customers. The Center offers instructive programs, holistic health and wellness services, and products intended to heal the body, nourish the soul and awaken

the spirit. The spacious 6,800 square foot facility contains classrooms, a wellness studio with massage rooms, a retail space, tea bar and meditation room. For more information about The Open Mind Center, please contact Pam Muller or Charmaine Taylor at (678) 243-5074, or visit [www.theopenmindcenter.com](http://www.theopenmindcenter.com).