

New Book Confronts Role Religion Plays in Depression

MORRISTOWN, N.J., Feb. 7 (SEND2PRESS NEWSWIRE) – MBD Consulting announced this week the pending release of “My Email to God Bounced” (ISBN: 978-1-4560-5627-8). This is the second book authored by its managing director, Timothy A. Sawyer. His first book, “A Patzer’s Story” (ISBN: 978-1-4560-3797-0), was published in December 2010.

Both books are published by PublishAmerica and Sawyer is pleased to partner with them again to share his personal story with readers.

“This second book was driven by my first book,” says Sawyer. “I was asked about the role of God and religion in battling my depression, and after self-reflection, ‘My Email to God Bounced,’ answers this question. While the book is short, it’s intended to spark self-reflection in others.”

Here is an excerpt: What this book is, in a nutshell, is a viewpoint from MY experience that God plays second fiddle, if any fiddle at all, in a church setting or the veneer of a church, giving way to people with their agendas, vendettas and personal goals. This forces people who are seeking true solace through a church, religion or faith to give pause and think that there is nobody or nothing there to help them when they most need it. To add to this, it is also my opinion that there exists a disparity between the Christian faith and what is actually practiced.

Through his writings, Sawyer hopes to spark strong reaction on both sides of the thesis.

“My goal is not to spark anger, but to spark reflection and action,” adds Sawyer. “No matter what their opinion of the thesis, I hope that everyone who reads this book will take something away from it to apply in their life.”

About the Author:

Timothy A. Sawyer is the managing director of MBD Consulting, LLC. He is also a Certified Information Systems Security Professional (CISSP). An active member of the U.S. Chess Federation, Professional Bowlers Association (PBA) and the Loyal Order of the Moose, he resides in Edison, N.J. with his dog Wendy.

About PublishAmerica:

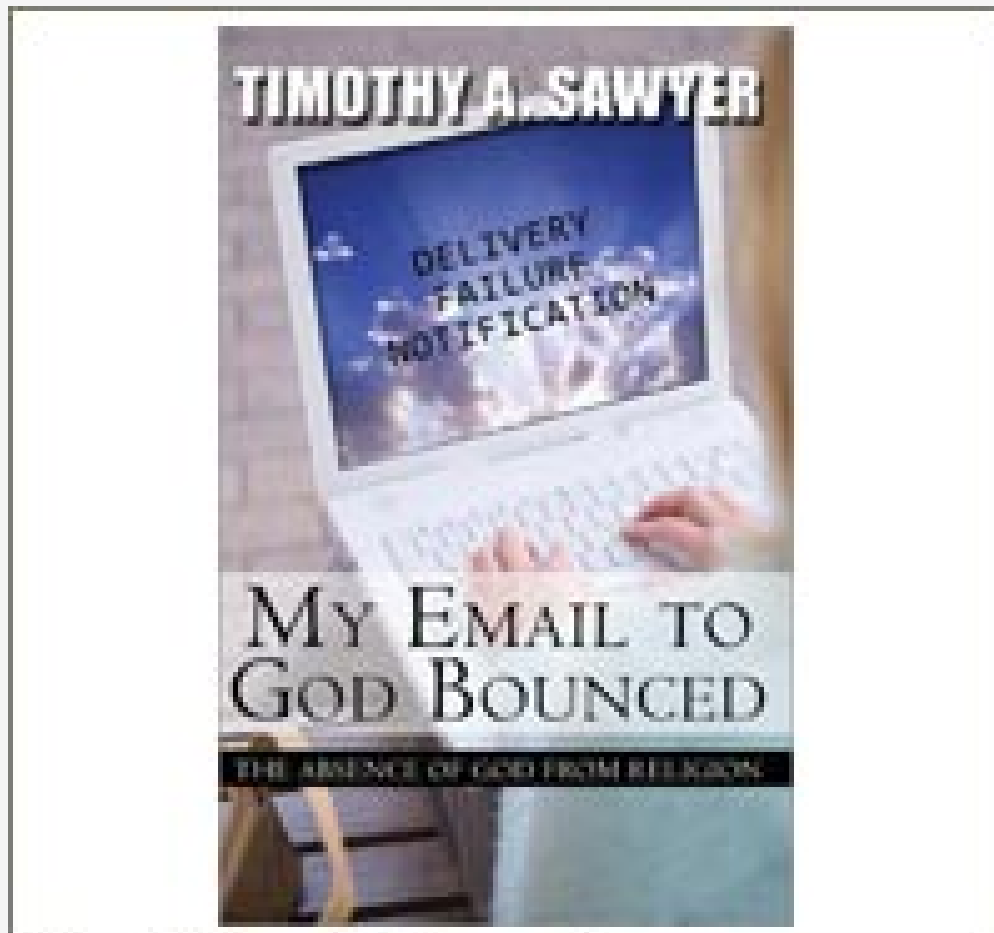
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To learn about MBD Consulting, visit: www.mbdsolus.com .

To learn about PublishAmerica, visit: www.publishamerica.com; or call: 301-695-1707.

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Original Story ID: (6670) :: 2011-02-0207-003

Original Keywords: new jersey business, book, author, holistic, depression, mental health, self-help, religion, author Timothy Sawyer, My Email to God Bounced, ISBN 9781456056278, MBD consulting, publishamerica, publish america, Certified Information Systems Security Professional MBD Consulting, LLC Morristown New Jersey MORRISTOWN, N.J.

Alternate Headline: MBD Consulting announces pending publication of new book that confronts role religion plays in depression

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