

INTEGRITY ARTS PRESS: MEDIA RELEASE

Book reading/signing

The Relationship Ride: A Usable, Unusual, Transformative Guide

Integrity Arts Press: Press Release FOR
IMMEDIATE RELEASE

September 7, 2011

Event: Book reading and signing

Date: Wednesday, September 21, 7:30 p.m.

Description: The Relationship Ride: A Usable, Unusual, Transformative Guide
book signing and reading

Location: Boulder Bookstore, 1107 Pearl St., Boulder

Admission: \$5 (coupon good for any purchase)

Public Contact: <http://boulderbookstore.indiebound.com/event> or 303-447-2074



Integrity Arts Press
Changing the World with Words

Local psychologist, Julia B. Colwell, Ph.D. presents from and signs her new book, *The Relationship Ride: A Usable, Unusual, Transformative Guide*

This transformative book gives you a whole new perspective on relationships: that the challenges are what evolve us, and we choose our partners, co-workers, and friends in order to learn the best skills for “life before the mast” of becoming our best selves.

A manual that is meant to be as well-used as any guide to bird watching or knot-tying, *The Relationship Ride* gives you maps, checklists, and tools you can use to steer through any relationship storm. Take the ride of relationship and discover new inner and outer worlds!

Dr. Colwell will not only read and sign her new book, she will also teach essential tools that the book describes. Warm, humorous, and engaging, Dr. Colwell is a popular figure and teacher in the local community of conscious living and loving.

Biography: Julia Colwell, Ph.D.



Dr. Colwell has spent over two decades and thousands of hours with individuals, couples, and groups, exploring the world of relationships. Moving out of the world of traditional talk therapy into a body-centered focus, she's fine-tuned a style that is at once direct, respectful, gentle, confrontational, and loving, co-creating personal and relationship transformation. She is the founder of the Boulder Center for Conscious Community and teaches a variety of classes, groups, and workshops, along with

being in private practice in Boulder. She has kitchen-tested everything she teaches in her own twenty-three year relationship.

