



## **FOR IMMEDIATE RELEASE**

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## **Local Author Encourages Readers Battling Depression**

LEXINGTON, KY – Depression can be a prison and no one knows better than local author Tina Thompson what it means to be trapped in the cage of sadness and apathy. In her new book releasing nationwide this week, “Released,” she paints a picture of what it takes to overcome anxiety and depression and live a truly fulfilling life knowing that nobody is alone.

“I was a pro at putting on a false face,” Thompson says. “But inside I was dying and crying for relief.”

She encourages all sufferers to stop fighting for control, to let God take over. Through faith, exercise, and self-awareness, she believes anyone can break the chains of depression and be truly released.

Published by Tate Publishing and Enterprises, the book is available at any bookstore nationwide or can be ordered through the publisher at [www.tatepublishing.com/bookstore](http://www.tatepublishing.com/bookstore) or by visiting [barnesandnoble.com](http://barnesandnoble.com), [amazon.com](http://amazon.com) or [target.com](http://target.com). This is also an eLIVE title, meaning each copy contains a code redeemable for a free audio version from TatePublishing.com. eLIVE – Listen, Imagine, View, and Experience!

Thompson is a wife, mother, and homemaker living in Lexington, Kentucky. Teaching Bible studies, speaking at conferences, and discipling one-on-one, the author is dedicated to helping women discover the life-changing power of God’s Word. She attended Lexington Baptist College, but says her education has come primarily through her personal Bible study and the experience and research that resulted from years of depression, anxiety, and panic attacks.

For more information, please contact Mark McDevitt, Marketing Representative, at (888) 361-9473 or send an email to mmcdevitt@tatepublishing.com.

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