



**FOR IMMEDIATE RELEASE.**

Dear Editor ~ Book seller

*How often does a simple choice or change made in life, ripple through your entire life to create transformation, inspiration and new ways of Being?*

Inspired by a choice to learn how to snowboard, Michael Sean Symonds, Author, Meditation teacher and personal growth facilitator, announces the release of his new book

**Zen Shredding: Insights, questions and confessions of a Meditator and Novice snowboarder on the pursuit of dreams, Inspiration, passion and change**

(December 2007, Trafford Publishing).

In this exceptional new and inspiring title, Symonds shares a series of short vignettes that highlight the process of his learning journey around snowboarding and his life long pursuit of Spirituality. Through vignettes, insights and questions the reader is encouraged to actively examine their own experience as a way to elevate new levels of passion and fulfillment in their life.

**Zen Shredding** is not a conventional read; it's an engaging narrative which plants the seeds for personal transformation and change based on a choice to journey within to cultivate the inner wisdom of Soul. New ground was broken as Symonds initially developed his new title from a 12 minute slide show presentation that is both a synthesis and highlight of the book offering the viewer a chance to savour some of the inspiring insights, questions and the majestic photography of snow covered mountains of Whistler/Blackcomb that played a prominent, cathartic role and contribution to the writing of the book.

*In the Spirit of service, and while also maintaining consistency with more unconventional approach to doing business, the digital slide show presentation is available to download at whatever price you want to pay, starting at zero and is free as a download if you order the book. Ten percent of the net sales of the **Zen Shredding** book and slide show will be donated to Zero Ceiling, an unbiased charitable society that offers innovative snowboarding programs to at-risk youth and street youth from Vancouver and Montreal to the slopes of Whistler BC, the Laurentians and Mont Tremblant, Quebec.*

**[ Watch the Zen Shredding Slideshow now! ]**

*Michael Sean Symonds is an aspiring Author, Certified Chopra Centre instructor and Seminar leader. He is available for interviews upon request and will provide book excerpts for reprint in your publication.*

**FOR A REVIEW COPY OF ZEN SHREDDING PLEASE email michael: [divinite@telus.net](mailto:divinite@telus.net)**

**or for more information: [www.zenshredding.com](http://www.zenshredding.com)**

*Thank you for your consideration!*

