

For Immediate Release

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Publicist

When My Mind Winds Up: Book where Author Shines a light on her own struggles with anxiety to help you defeat your own.

Author to Appear on Dove and Dragon Radio Podcast Hosted by M.L. Ruscsak

Award-nominated author Ervig writes with a conversational and authentic tone sharing about her own personal struggles with anxiety while like a best friend lifting you up with encouragement and hope to help you defeat your own. Her episode of Dove and Dragon Radio will be recorded on June 9, 2020 and available soon after. Dove and Dragon Radio is hosted by Author M.L. Ruscsak. A podcast where you can find out what the world of indie and small press publishing is up to.!

You can listen to all episodes of the podcast here: [Blog Talk Radio](#).

About When My Mind Winds Up:

When My Mind Winds Up is a unique help for the reader who finds their mind constantly tangled up in anxiety. Jen brings her faith and personal journey with open hands in hopes that she can take what's helped her and "pay it forward". You'll be shocked at what you read and it will hurt, but hopefully it will "hurt so good".

About the Author:

Jen is a Seattle area pastor, wife, mom, event speaker and award nominated author. Her book, As My Mind Unwinds, has been heralded as a hilarious, non fluffy, unique take on a devotional surprising even non Christian readers again and again. She loves to laugh and firmly believes that "Jesus doesn't care about your happiness if your joy is at stake".