

## **DATE**

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### **Author Shares Inspirational Thoughts with First Book**

Akron, OH - Author Tamura J. Gadson will have her first book "Joy for the Journey" released on October 10, 2020. Gadson is a graduate of Walsh University with a B.A. in Organizational Development and Leadership. She has held several leadership positions as well as positions related to people development, mentoring and coaching.

Gadson's book revolves around two of her greatest passions: teaching and inspiring others. Gadson set out to write every day for a full year after reading "Year of Yes: How to Dance It Out, Stand in the Sun and Be Your Own Person" by Shonda Rhimes. Gadson chose to complete her own challenge by sending daily encouraging words to friends and family, which were well-received. "I believe encouragement and inspiration is not just meant for you, it is meant for you to take and then give it to someone else," explains Gadson. Now Gadson has put together a collection of thoughts, stories, and anecdotes to inspire more individuals going through a difficult time to look at life from a different perspective

"Joy for the Journey" looks to speak to those who are struggling with self-acceptance and are ready to live their lives to the fullest. Gadson aims to help readers who are seeking deeper meaning from life and need some guidance moving forward. "Regardless of where you find yourself, enjoy the lessons in the journey and take the lessons for what they are - enjoy the journey, experience the hurts, disappointments and pains..." is the message that Gadson hopes will resonate with others.

For additional press information or to arrange an interview with Tamura Gadson, please contact Grovehurst Consulting at (470) 869-3239.