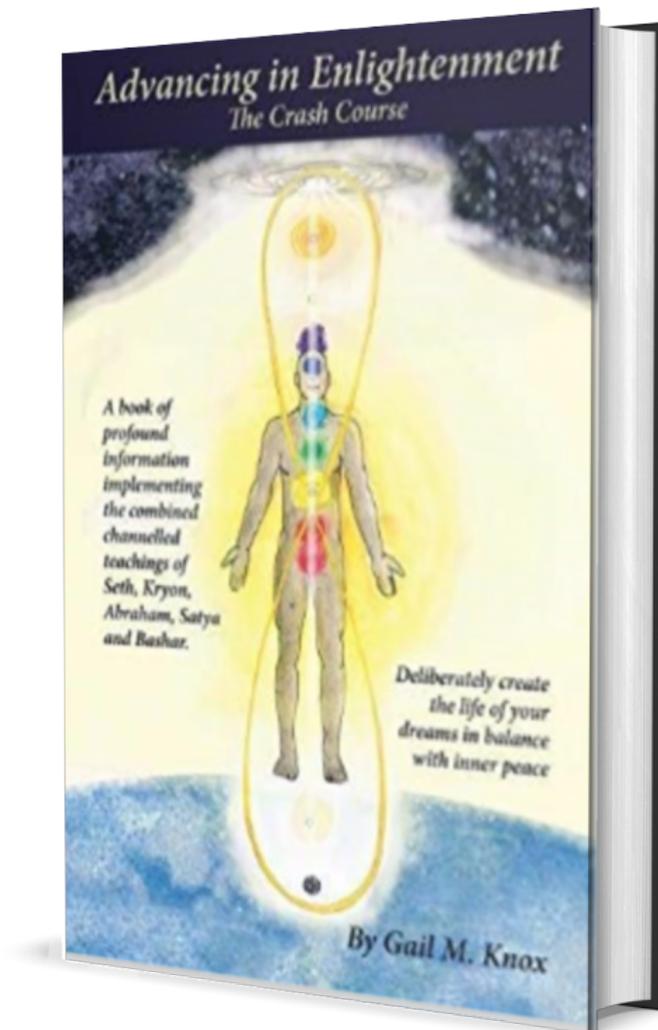


## Crash Course on Spiritual Practices to Improve Life Offered in New Book

Learn the benefits of spiritual knowledge from expert coach on Law of Attraction



**Tucson, Mar 3, 2019** ([IssueWire.com](http://www.IssueWire.com)) - Author Gail Knox announces the participation and book exhibition of her illuminating spiritual work, "[Advancing in Enlightenment: The Crash Course](#)," at the Tucson Festival of Books.

Knox's in-depth study of metaphysical teachings is discussed in detail in this comprehensive book which took over 44 years to complete. Inspired by five of America's most virtuous spiritual mentors, the book offers spiritual wisdom that allows readers to approach life with a balanced sense of inner peace

and well-adjusted worldview.

According to Kirkus Review, “the book brims with information culled from numerous outside sources, including Bashar’s Five Laws of Creation from medium Darryl Anka and an in-depth exploration of the seven *chakras* and their importance to spiritual and physical health.”

The review further adds that “many of the principles expressed, such as the importance of applying positive meaning to all things, are easy to absorb and understand, even by readers who are just beginning to learn about spiritual practice.”

Knox’s will be having a meet-and-greet session at the Tucson Festival of Books to be held at the University of Arizona Campus this coming March 2-3, 2019. She will be signing copies of her books at Authors Press’ booth between 10:30 a.m. to 5:30 p.m. Festival-goers and readers from all ages will get a chance to learn more about the author and discuss her work and inspiration in person. To get the latest update on authors, like and follow Authors Press on [Facebook](#) and [Twitter](#).

### [Advancing in Enlightenment: The Crash Course](#)

Written by Gail Knox

E-book | \$7.99

Paperback | \$13.99

Hardcover | \$25.79

Book copies are available at [Authors Press](#), [Amazon](#), Barnes & Noble, and other online book retailers.

### About Authors Press

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