

For Immediate Release

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**Four Great Reasons Why You Should Vote For *When My Mind Winds Up!* By Jen Ervig
For Book of the Year**

Whether or not you currently struggle with anxiety, it is a prevalent condition in our society especially today in the midst of a global pandemic, a struggle for racial equality, and doom and gloom continually on the nightly news. *When My Mind Winds Up!* By Jen Ervig is a hopeful read, aims to help end the stigma on mental illness, reads like a note from a friend, and offers devotional style practicality without preaching at you.

All these reasons make it worth a vote for Book of The Year via <http://bit.ly/VoteForJenErvig> and the winner receives \$5000 in advertising. Consider casting a vote for Jen Ervig today and also consider purchasing *When My Mind Winds Up!* Today.

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".

For more information or to schedule an interview or appearance with the author, contact her publicist, Chelsea DeVries at smartcookiepr26@gmail.com