

****FOR IMMEDIATE RELEASE****

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Sacramento Native coauthors book, *Unbreakable Spirit: Rising Above the Impossible* with New York times bestselling author Lisa Nichols

Sacramento author, motivational speaker and performance poet, Loretta (La-Rue') Duncan-Fowler is a co-author on #1 bestseller, *Unbreakable Spirit: Rising Above the Impossible*. New York Times bestselling author Lisa Nichols presents 39 inspiring true stories of bouncing back and soaring high, against all odds. Told with unfaltering honesty, hope and compassion for all circumstances, the authors, Lisa's "ambassadors of fortitude," are living testaments to the unbreakable, unshakable power of the human spirit.

Loretta La-Rue' shares her remarkable story in "Fighting for Something Greater" of the challenges she has encountered advocating for the rights of her developmentally disabled son Raymond. She states "Everyone has some strength, something inside of them that makes them a champion. It's not about you; your fight is always about something greater!"

Lisa gathered amazing stories into *Unbreakable Spirit* to demonstrate and express the following:

- The power of the human spirit can overcome any obstacle.
- Difficulties give us the opportunity to exercise our bounce back muscle, using troubles like a trampoline and learning to soar.
- Everyone, in every walk of life, has a dream and a destiny, and with persistence and trust, everyone can attain them.

Loretta La-Rue' encourages you to register for the upcoming exciting book release event celebration, "An Evening with Lisa Nichols, *Unbreakable Spirit* Red Carpet Gala and Book Launch" on February 17, 2012. The *Unbreakable Spirit* book launch and gala reception promises to be an exciting event that will be held at the beautiful Luxury Hotel and Spa/Scott's Seafood on the River is 4800 Riverside Blvd, Sacramento, CA 95822. Catering will be provided by Scotts Seafood. The ticket cost to this event is \$65.00/person and include an autographed copy of the new book, *Unbreakable Spirit: Rising Above the Impossible*. Guests can expect to enjoy a meet and greet with the authors, book

signing, host cocktail hour, hor'dourves, live entertainment and free parking. Portion of the proceeds from this event will go to benefit local charitable, social, and civic organizations.

REGISTER ONLINE and receive a 10% discount on your tickets at <http://tinyurl.com/7I7tnqv> while supplies last. Tickets may also be purchased through Front Row Promotions, contact Carolyn Allen at (916) 929-2622.

About the author, Lisa Nichols and co-author Loretta “LaRue” Duncan-Fowler

Nichols is a nationally and internationally known best selling author, inspirational, motivational speaker and phenomenal transformational coach. She is known as the Breakthrough Specialist! Nichols best selling books include: No Matter What!, Chicken Soup for the African American's Soul, Chicken Soup for the African American Woman's Soul and Living Proof. She appeared in the self-development phenomenon The Secret, and on The Oprah Winfrey Show and Larry King Live.

Duncan-Fowler is a dynamic performance poet, author, whose pen has touched the lives of people everywhere, whose works are published nationally and internationally. She has appeared on Nightline with Ted Koppel. See more from interview conducted by Senior Staff Writer, Donna Ramos who recently had a chance to chat with Duncan-Fowler – posted online at <http://www.sacculturalhub.com/entertainment-and-news/e-blasts/1460-sacramento-native-coauthors-book-unbreakable-spirit-with-lisa-nichols>

Unbreakable Spirit: Rising Above the Impossible makes for an outstanding holiday gift for co-workers, family and friends. Pre-order today online. <http://www.amazon.com/Unbreakable-Spirit-Lisa-Nichols/dp/0981970869>

For questions and more information contact Loretta (La-Rue') Duncan-Fowler, LLC at (916) 284-7831 or visit www.lorettalarueduncanfowler.info