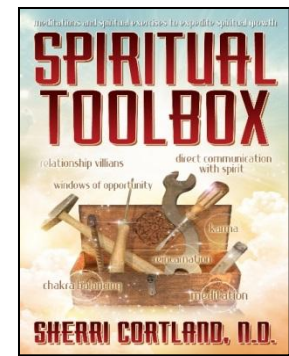


**FOR
IMMEDIATE
RELEASE**



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New Release: *Spiritual Toolbox*

Huntsville, AR—April 28, 2013—Ozark Mountain Publishing is pleased to announce the release of *Spiritual Toolbox* by Orlando author **Sherri Cortland, ND**. *Spiritual Toolbox*, which is Cortland's third book in the metaphysical genre, will be released in July 2013; and through May 31st, the author is offering a **special pre-publication package that includes** 25% off the cover price of the book + \$60 in free gifts available immediately through the following link: http://sherricortland.com/?page_id=705 . This special package is also available through the author's website: SherriCortland.com.

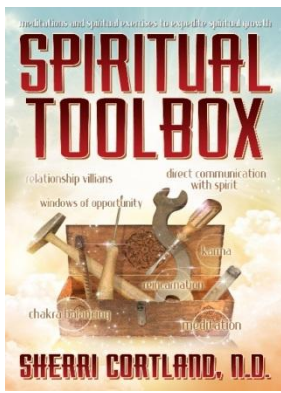
According to the author, who channeled much of the information contained in her new book from her Spirit Guide Group (the "GG") through the process of automatic writing*, "Spiritual Toolbox is for Lightworkers, Truth Seekers, and anyone who wants to communicate directly with Spirit, raise their vibrational level, and/or expedite their Spiritual growth." With her new book, Cortland shares channeled information obtained during the on-going search for the truth of who we are and why we're here that she started with her first two books, *Windows of Opportunity* and *Raising our Vibrations for the New Age*.

In addition, Cortland has packed *Spiritual Toolbox* with channeled wisdom, meditations and Spiritual exercises from the "GG" and from a diverse gathering of metaphysical professionals with the intention of giving her readers a set of Spiritual tools that will allow them to raise their vibrations, expedite their Spiritual growth, and develop on-going and direct communication with their Higher Self and Spirit Guides. Some of the topics covered in *Spiritual Toolbox* include our Higher Self, the Akashic Records, connecting to the Divine, Automatic Writing, Walk-ins, making the most of this incarnation, maintaining balance and wellness, crystal healing, chakra balancing, and direct communication with Spirit.

When released in July 2013, *Spiritual Toolbox* will be available through www.Ozarkmt.com, Barnes & Noble stores, Amazon.com, Barnes and Noble.com, and the author's website, SherriCortland.com. **Pre-publication pricing is available now through July at SherriCortland.com**. Wholesale purchases can be made through Ozark Mountain Publishing, Ingram Book Company and New Leaf Distributing. Book length is 200 pages and includes a meditation CD. The cover price is \$17; pre-publication pricing of \$12.75 is available through SherriCortland.com and http://sherricortland.com/?page_id=705 through May 31, 2013; ISBN #: 978-1-886940-43-7.

###

About Sherri Cortland: Cortland holds degrees in English, Communications & Naturopathy, has studied Herbology for more than two decades, is a frequent guest on talk radio programs across the country, and will be a featured speaker at the 2013 Transformations Conference in July. ***Automatic Writing** is the practice of communicating with one's spirit guides, angels and spiritual beings from other planes of existence with pen and paper or via the computer.



Spiritual Toolbox

(Are you ready to put on your *big* Lightworker pants?)

By Sherri Cortland, ND

NEW from Ozark Mountain Publishing

‘Everyone deserves direct communication with Spirit!’

– Sherri Cortland, ND

- Continuing what she began in her first two books, Cortland relates channeled information acquired during her continuing search for the truth about *who we are* and *why we’re here*.
- She’s packed *Spiritual Toolbox* with wisdom, meditations and Spiritual exercises from her own Spirit Guides and a diverse gathering of metaphysical professionals.
- Spiritual Toolbox* is for Lightworkers, Truth Seekers, and everyone who wants to communicate directly with Spirit, raise their vibrations, and expedite their Spiritual growth.

THE FIRST REVIEWS ARE IN!

•“Cortland’s upbeat style and openness about her own process are a breath of fresh air that make this both informative and inviting, especially for newcomers to the metaphysical world...”

•---**Mercedes Kirkel, author of *Mary Magdalene Beckons***

•“Once again Sherri does not disappoint. This well balanced book and warm-hearted book gives answers to the questions so many of us have about the transition to 5D and our life plans for the journey of the soul. ..this well written book will change the way you see yourself and your journey.” --**Shirley Battie, author of *Channeling: Use your Psychic Powers to Contact your Spirit Guides***

•“*Spiritual Tool Box* is a rich metaphysical encyclopedia and DIY guidebook for spiritual expansion that is at once enlightening, deeply moving and incredibly empowering.”

-- **Paula Renaye, author of *Living the Life You Love: The No-Nonsense Guide to Total Transformation***

•“Sherri and her amazing GG (Guide Group) have done it again. This is one incredible treasure trove of powerful spiritual principles and practices that will give you exactly what you need to accelerate the growth of your Soul...”-- **Jill Lebeau, Co-Author of *Feng Shui Your Mind, Four Easy Steps to Rapidly Transform Your Life!***



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Website:

SherriCortland.com

Facebook:

[SherriCortlandAuthor](https://www.facebook.com/SherriCortlandAuthor)

TV Interview:

www.youtube.com/watch?v=N2TJniVNq6w

Sherri Cortland, ND, holds degrees in Communications & Naturopathy, and has studied Herbology for two decades.

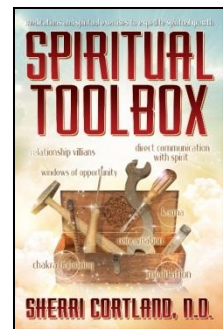
She is the Director of Specialty Sales for Westgate Resorts in Orlando, Florida.

The author of *Windows of Opportunity*, *Raising Our Vibrations for the New Age*, and *Spiritual Toolbox*, Sherri has been conversing with her Guide Group through Automatic Writing since the late 80’s, and is a frequent guest on talk radio programs. She is scheduled to be a featured speaker at the 2013 Transformations Conference.

**Ozark Mountain Publishing; ISBN #: 978-1-886940-43-7; 200 pages. \$17.00 Includes Meditation CD
P.O. Box 754, Huntsville, AR 72740; Phone: 479-738-2348 or 800-935-0045; E-mail: OzarkMt.com**

Contact: Sherri Cortland, 321-436-1721, SherriCortland.com

Spiritual Toolbox
**Pre-Publication
Package Offer**



What:

- *Spiritual Toolbox* Pre-Publication Package Offer

When:

- April 28 – May 31, 2013

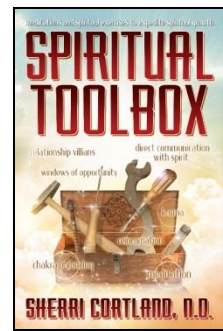
Where:

- http://sherricortland.com/?page_id=705 or
- www.SherriCortland.com

Includes:

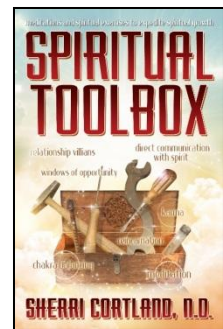
- 25% off cover price of *Spiritual Toolbox* (\$12.75 instead of \$17.00)
- Free Spiritual Growth Workshop PDF by Sherri Cortland (\$25 value)
- Free MP3 Download from author Keri Nola: *Sleep Meditation to support peaceful sleep* (\$15 value)
- Free Screensaver download from Heidi Winkler's popular *Impressions of Hawaii* collection (\$5 value)
- 35% off an MP3 *Loving Guidance Reading* by Intuitive Medium and author Shelly Wilson (\$15 value)

Spiritual Toolbox **Endorsements**



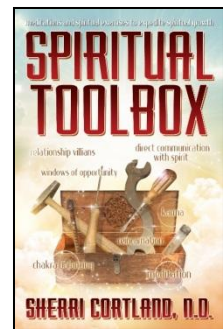
- *“Here is a book that makes sense. If you are seeking self-healing, this is the book which will empower you. If you desire greater happiness, this is the book to guide you. And, if you want to do your part to heal the planet, this is the book which will inform and motivate you. Those who pick up this book – and everyone who wants a better life and a better world should – will learn how to be 'Lightworkers' and 'Warriors'. As Lightworkers they are enlightened beings who are here not only to experience greater growth and evolution but are present to help humankind do the same. As Warriors they serve on the front lines of a spiritual battle helping light overcome darkness and revealing how highest hopes can overcome deepest fears. Sherri Cortland's book is user friendly and immensely practical. It is a powerful tool to help all spiritual seekers make the journey from the lower-self to your Higher Self, from suffering to awakening. -- Victor M. Parachin, author of Sit a Bit: 5 minute Meditations for Every Occasion, Healing Grief, and Swami Vivekananda: Essential Writings Modern Spiritual Masters)*
- *“In Spiritual Tool Box, Sherri Cortland provides clear and compelling instructions on how we can raise our vibrations (and enjoy better balance in our lives) by connecting with Spirit and our Higher Selves through meditation and automatic writing. This book is an essential tool for everyone who wants to accelerate the transition to the New Earth. Sherri Cortland's latest book, Spiritual Tool Box, is a fascinating exploration of who we are, our purpose for being on Earth, and our connection to Spirit and the Universe. The principal message in this book, that we are all eternal souls who came here to learn and experience, is uplifting and comforting and provides new hope for the many people who are still searching for the truth about life, death, and God.”—Garnet Schulhauser, author of Dancing on a Stamp.*
- *“Spiritual Toolbox is heart-expanding, empowering, and enlightening. Sherri Cortland has done it again...created yet another masterpiece of spiritually inspiring information delivered in a down to earth fashion! Offering an abundance of practical resources that encourage the expedition of our spiritual growth, this book is a must read for all of those ready to step into the next dimension of high vibration living.”—Keri Nola, author of A Year on Your Path to Growth—Daily Inspirations to Reconnect with your Soul and 44 Holistic Tips for Peaceful Sleep*

Spiritual Toolbox **Endorsements**



- *“As a Lightworker and Spiritual Teacher, I believe that Spiritual Toolbox is an essential read for all who are on a spiritual journey. This is truly a guidebook for Lightworkers, and covers a plethora of topics ranging from the Akashic records to Walk-ins, and is a great reference tool.” ~ Shelly Wilson, Intuitive Medium/Reiki Master/Spiritual Teacher*
- *“Spiritual Toolbox is a timely book for all Lightworkers, but especially for those who have been working at it for many years. It’s a great reminder of how much we need to walk our talk, and do our work as healers and Lightworkers. Thank you, Sherri, for the energetic kick in the butt, and important reminder that we still have work to do while in physical form on 3D Earth.”—Mitchell Osborn, Psychic Medium - Animal Communicator - Intuitive Soul & Wellness Coach*
- **Spiritual Tool Box** is a rich metaphysical encyclopedia and DIY guidebook for spiritual expansion that is at once enlightening, deeply moving and incredibly empowering. Sherri Cortland and her guides show us how to access what our souls already know and explain it all in simple, "now it makes sense" terms. A must-read for those who call themselves Lightworkers and those who should." - **Paula Renaye, author of Living the Life You Love: The No-Nonsense Guide to Total Transformation**
- *"Spiritual Toolbox is a great way to Explore Beyond the Usual and go deeper within yourself to help find the answers to the important questions in your life." - R. Ann Rousseau, author of Portsmouth, a Love Story and owner of the Explore Beyond the usual Blog*

Spiritual Toolbox **Endorsements**



- “Cortland’s upbeat style and openness about her own process are a breath of fresh air that make this both informative and inviting, especially for newcomers to the metaphysical world. *Spiritual Tool Box* is a wonderful compendium of concepts and practices to help people transition into higher dimensions. Sherri Cortland covers a wide range of topics, including the higher self, Akashic Records, Communicating with Spirit, Walk-Ins, Karma, Crystals, and Chakras. **Mercedes Kinkel, Spiritual Teacher, Channeler, and the author of Mary Magdelene Beckons, Join the River of Love**
- “Sherri and her amazing GG (Guide Group) have done it again. This is one incredible treasure trove of powerful spiritual principles and practices that will give you exactly what you need to accelerate the growth of your Soul. You’ll love Sherri’s conversational, down to earth writing style and feel as though you are chatting with your best friend, guiding you on the adventure of your life. Here’s the perfect DPS (Divine Positioning System) to show you simple, effective ways to deepen your connection to Spirit and your entire Spiritual Entourage. Thank you Sherri!” -- **Jill Lebeau, Co-Author of Feng Shui Your Mind, Four Easy Steps to Rapidly Transform Your Life!**
- “Once again Sherri does not disappoint. This well balanced book and warm-hearted book gives answers to the questions so many of us have about the transition to 5D and our life plans for the journey of the soul. She tells us that no soul is evil and that we are able to have conversations with our spirit helpers. There are so many subjects clearly explained with easy to follow exercises throughout. This well written book will change the way you see yourself and your journey. Can you afford not to have this important information?” --**Shirley Battie, author of Spirit Speaks, Being Human, Beyond the Stairs—an Invitation to Walk in Other Dimensions, and Channeling: Use your Psychic Powers to Contact your Spirit Guides**

**IMPORTANT INFORMATION
ABOUT**
Spiritual Toolbox

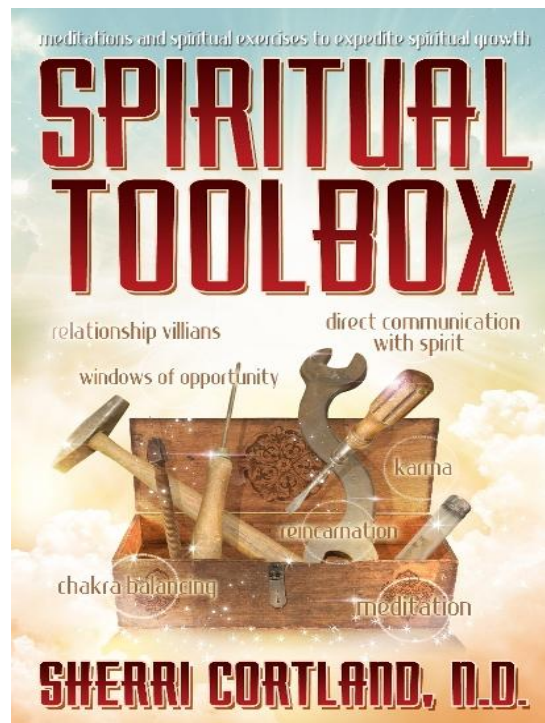
Book Title: Spiritual Toolbox

Publisher: Ozark Mountain Publishing

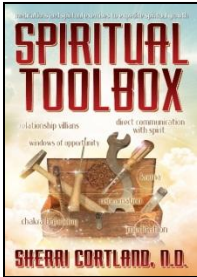
ISBN #: 978-1-886940-43-7

Book Length: 200 pages + meditation CD

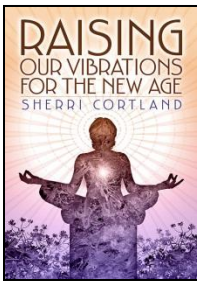
Price: \$17.00



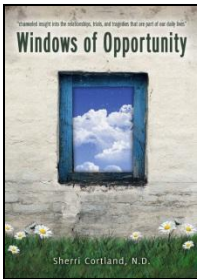
WHAT MAKES BOOKS BY SHERRI CORTLAND UNIQUE?



The uniqueness of *Windows of Opportunity*, *Raising our Vibrations for the New Age*, and *Spiritual Toolbox* lies in the fact that the information was channeled by the “career-girl next door,” who exposes her most personal and embarrassing mistakes to the world to help her Guide Group get their points across. The books are down to earth and readers will immediately recognize similar life scripts, windows of opportunity, and relationship villains in their own lives, so they can take appropriate action to help reduce drama and accelerate spiritual growth. They will sympathize with the author’s own struggle to increase her vibrations and generate positive energy to help the planet, and they will have an action plan to raise their own vibrations.



Credibility for these channeled works is easily established as the author is a successful, educated, businesswoman in her early fifties with 37 years of professional experience. By writing her books, Ms. Cortland has, in effect, “come out of the New Age closet” and opened herself to ridicule regarding the New Age topics covered in the book, including Communication with Spirit, our Higher Self, Karma, Reincarnation, Relationship Villains, Atlantis, 2012, and UFO’s.



In addition to delivering messages from the other side of the veil, readers are given step-by-step instructions on how to meditate and contact their own guides through automatic writing and meditation with intent in order to receive the same kind of personal information the author receives.

Windows of Opportunity, *Raising Our Vibrations for the New Age*, and *Spiritual Toolbox* will appeal to readers of New Age/Spiritual books, male and female, who are looking for insight, guidance, and answers as to why our lives are filled with difficult challenges—at home, and at work, and who wish to communicate directly with Spirit. It will especially appeal to readers who are interested in New Age/Spiritual subjects/channeled books, but who are skeptical about the credibility of New Age authors. They will attract the same readers as Dolores Cannon, Sylvia Browne, Doreen Virtue, John Edwards, and Brian Weiss, MD, Lee Carroll (Kryon), and Edgar Cayce.



Sherri Cortland, ND Author Biography

- Sherri was born in New York State in 1957, and moved to Florida in 1991. Sherri resides in Orlando, Florida with her husband, Ted Dylewski.
- In the late 1980's, while working on her B.A. in Communications at Mount St. Mary College, Sherri began taking psychic development classes in Monticello, New York. It was during one of these classes that her Spirit Guide, Jeremy, first made contact through Automatic Writing. Sherri has been conversing with Jeremy and other Spirit Guides through Automatic Writing for more than two decades. In the early 90's, Sherri studied Herbology with Rosemary Gladstar, and went on to earn a Doctor of Naturopathy degree from the Clayton College of Natural Health in 1998.
- "Windows of Opportunity" was Sherri's first published book, "Raising your Vibrations for the New Age" is her second, and "Spiritual Toolbox" is her third. She is currently working on vegetarian cookbook.
- Sherri is the Orlando Metaphysical Columnist for Examiner.Com. She publishes new articles twice a week. A complete list of her articles and links to them can be found at: <http://www.examiner.com/metaphysical-in-orlando/sherri-cortland>
- Sherri contributes articles to Hubpages.com and SelfGrowth.com.
- Sherri is the Director of Specialty Sales for a large vacation resort in Orlando, Florida, where she writes sales training workshops and customer service classes for sales professionals and sales support staff.
- Other published work: Writer/travel articles for "I Love Orlando" magazine, Writer and Editor of "Periwinkle Perspectives" & "Spotlight on Stewart" newsletters, Editor "Shadow Raven Comic Book, Writer/Freelance Advertising.
- Sherri is a member of the Master-Toasters, a Toastmasters, International club in Orlando, Florida and served as President of the club in 2011.
- Traditional Education:
 - B.A. in Communications (Mt. St. Mary College, Newburgh, NY)
 - A.A. in English (Orange County Community College, Middletown, NY)
- Professional Experience:
 - Director of Specialty Sales/Westgate Resorts/Orlando, FL
 - Director of Public Relations/Periwinkle National Theatre for Young Audiences/Monticello, NY & Manhattan
 - Vice President/Orange County Life & Health Agency/Middletown, NY
 - Customer Service Manager/New England Laminates/Walden, NY
 - Marketing Coordinator & Manager of Agency Sales/Stewart Airport/Newburgh, NY

FREQUENTLY ASKED QUESTIONS

Sherri Cortland, ND



Q. Are you available for interviews, discussions, or book signings?

A. *“Absolutely! I can be reached at SherriCortland.com or SCortland@cfl.rr.com.”*

Q. What made you decide to “come out of the New Age Closet”? *“It’s hard to explain, but it became harder to NOT write the books than to not write them—the Guide Group was very insistent. It’s no secret that I had reservations about writing and publishing this book. It meant I would have to acknowledge my belief in Karma, Reincarnation, UFO’s and other subjects that don’t necessarily go hand in hand with a career in the vacation industry. When I began taking dictation from the Guide Group for “Windows of Opportunity,” I thought, ‘I’ll humor them and take the notes—this will never become a published book’ to which they responded, ‘Leave it to us!’ And when it was finished and time to send it to potential publishers, knowing how hard it is to have a book published, I thought that would be the end of it! I sent it to 6 Publishers and received very lovely rejection letters from five, and a phone call from Dolores Cannon of Ozark Mountain Publishing saying they wanted to publish my manuscript. I think this book contains information that the Guide Group really wanted to get out to the public.”*

Q. Are you worried that publishing these books will hurt your career?

A. *“Back in the 90’s, I lost two promotions because one of my personal ‘relationship villains’ twisted my herbology studies and New Age beliefs to make me sound very crazy to those who were doing the job interviews. Because I lost those promotions, I ended up with what I felt then, and still feel was a much better promotion about six months later! At this point in my career, I’m a Director with 19 years at my current company—they know who I am and what I bring to the table with regard to my position with them. I don’t feel like my current position is in jeopardy or that these books will keep me from future promotions. Actually, I think coming out of my closet, so to speak, in my 50’s, and having the career that I do have, helps tremendously with my credibility in writing these books. I have a great job, I have a great husband, and I have a great life—why jeopardize any of it with metaphysical books? Because there are messages in it that the Guide Group want out there!”*

continued . . .



Q. What's in the books that the Guide Groups want people to know?

A. *"I can remember saying to the Guide Groups, 'A lot of what's in these books is already out there, why put it out there again?' and they told me that the way the information is relayed in the book is basic and easy to understand for those new to these topics, but also those familiar with Karma and Reincarnation would learn about Windows of Opportunity and Relationship Villains. They also want people to stop stressing out about 2012 and to learn about our Atlantean and Galactic heritage. Spiritual Toolbox is chock full of exercises and info to help readers make direct contact with Spirit."*

Q. What do you, as the author, think your readers will get out of your books?"

A. *"The most important thing that I want to understand is that they can enjoy direct communication with Spirit on a personal level. It's also my hope that they will accelerate their spiritual growth by learning to recognize their personal windows of opportunity early so they don't have to repeat the same lessons over and over again throughout their lives. I would also like them to understand that we are all responsible for our own lives and to find the strength to take control of their lives. We all have drama, pain and suffering, but we can learn from those experiences and minimize them in the future. One concept that I wasn't familiar with until the information was dictated to me was that of 'Relationship Villains,' and I think learning about them and how to recognize the different types in our lives will keep us from holding grudges and help us take control of and get on with our lives. I also want them to see how easy it is to saturate this planet with positive energy and decrease the amount of negative energy that we put out. We're evolving, and the Shift in Consciousness is something to be proud of, not to fear."*

Q. When did you first start to do Automatic Writing?

A. *"It was during a psychic development class I was taking with some friends. The teacher, Cyndi, passed out paper and pencil and announced it were going to do "Automatic Writing." I didn't think I could do it and I was saying so to my friends when I felt the energy come through my arm and the pencil starting drawing circles by itself! I just sat there staring at my arm and hand moving by themselves and the teacher said, "Control it!" I couldn't control it that night, but I continued to practice and the circles turned into words and then back and forth discussions with Jeremy, my Spirit Guide."*

Q. Is it dangerous to do Automatic Writing?

A. *"No, because I always protect myself first with a prayer of protection that the teacher taught the class to always do before opening ourselves up to any kind of psychic activity. The book contains a chapter with instructions on how to do Automatic Writing so that readers can open channels to their own Spiritual Guides, and I am very insistent that mine, or another, prayer of protection be used whenever one is meditating or opening themselves to Spirit."*

Sherri Cortland:
Upcoming Media
Appearances



May 1, 2013 3:00 p.m. EST

The Shelly Wilson Show

<http://www.blogtalkradio.com/shellywilson>

May 7, 2013 9:00 p.m. EST

Conversations That Matter Teleseries with host Keri Nola

<http://www.pathtogrowth.com/>

May 19, 2013 8 p.m. EST

The Hundredth Monkey Show

May 26, 2013 8 p.m. EST

Jamie the Psychic Radio Show with hosts Jamie and Mitchell

<http://www.blogtalkradio.com/jamiethepsychic>

June 27, 2013 6 p.m. EST

Circle of Seven Show with host Sheila Clover English

<http://www.blogtalkradio.com/Circle-of-Seven>

July 19-21, 2013 (speaking engagement plus two workshops)

Ozark Mountain Transformations Conference

<http://www.ozarkmt.com/events.html>

August 5, 2013 4 p.m. EST

Angel Answers with host Amy Toy

<http://www.bbsradio.com/angelanswers/>

August 12, 2013 1:00 p.m. EST

The Enchantment Hour with host Antionette Zaleski

<http://www.bbsradio.com/enlightenmenthour/>