



## **?A Call to Living: An Inspired Life? Author Shares Some Inspirational Words and Thoughts to Uplift One?s Mind, Body and Soul**

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Miramar, Florida ? Author Dr. Dildra Martin-Ogburn releases her new book: ?Living An Inspired Life: Words to Uplift Your Mind, Body and Soul? on April 12, 2017.

?Every once in a while, a person feels down, low, frustrated, anxious, or depressed, but it doesn?t mean that they have to stay in that mental or emotional state forever,? said Dr. Martin-Ogburn. ?This book helps readers move forward and get through these kinds of negative feelings or shift the state of their psyche.?

Dr. Martin-Ogburn offers this positive read that provides words of comfort and thoughtful insights. In her book, ?Living an Inspired Life: Words to Uplift Your Mind, Body and Soul,? readers will find uplifting words appropriate for what they are currently feeling or thinking.

There are inspirational quotes and scriptures on topics such as dreams, courage, failure, perspective, self-esteem, excuses, commitment and patience. These quotes and scriptures are uniquely designed and presented to lift the reader?s spirits?motivate, inspire and encourage them to see past their current

circumstances or past failures. The book gives them the tools to help them to be the positive, successful individual God intended them to be, said Dr. Martin-Ogburn.

Dr. Martin-Ogburn's *Living an Inspired Life: Words to Uplift Your Mind, Body, and Soul* has brought together timeless quotes and scriptures, along with her professional insights to provide not only inspiration, but concrete steps to move from self-doubt to self-realization. Anybody who is anybody would be nobody had they not decided to persevere. This book reminds us all that we have the power within to be who we want to be, said Dr. Elaine (Dr. E.) Richardson, who is an author, artist, advocate, and inspirational soul queen.

More about *Living an Inspired Life: Words to Uplift Your Mind, Body, and Soul* can be found at [www.dildraogburn.com](http://www.dildraogburn.com).

The book is available online at [www.amazon.com](http://www.amazon.com) and [www.barnesandnoble.com](http://www.barnesandnoble.com).

Dr. Dildra Martin-Ogburn is the President and CEO of Shattering Images, LLC and a goal-mapping strategist, certified life coach, inspirational speaker and author. She works with women that are ready to transform their lives. She is a proven professional with a passion for helping ambitious women and entrepreneurs develop a solid plan to make achieving their dreams possible, through her executive workshops, seminars, inspirational and motivational speaking, writing and coaching.

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