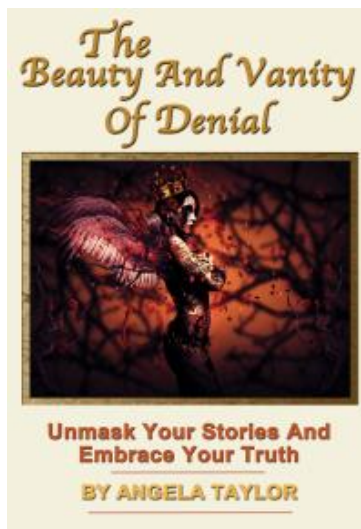


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Date: 07/11/16

FOR IMMEDIATE RELEASE



**DENIAL/DENY MAKES HER FIRST APPEARANCE AT  
THE CHRIST UNIVERSAL TEMPLE BOOKSTORE  
Meet Denial/Deny Presentation and Book Signing**

Angela Taylor the author of “*The Beauty and Vanity of Denial: Unmask Your Stories and Embrace Your Truth*” will present “DENY” the embodiment of denial (she writes about in her book) and hosting a book signing.

The event will be held at the Christ Universal Temple Bookstore (inside the church) 11901 South Ashland Avenue in Chicago, Illinois; Saturday July 23, 2016 at 1:00 p.m. The event and parking are free.

Angela has created the personality of Denial/Deny to bring the coping mechanism to life so that people can better understand how it/she/he works in our lives. Angela wrote, “*The Beauty and Vanity of Denial: Unmask Your Stories and Embrace Your Truth*” to let others know how avoiding issues and challenges, caused her to develop physical symptoms of stress which eventually led to an anxiety and depression diagnosis.

*“I did not want to live the rest of my life feeling bad, so I decided to examine my life, acknowledge my denials, and embrace my truth. I now feel the best I have ever felt in my life! I am free now no matter what happens in my life! I still have days that are frustrating just like everyone else, however, life feels fresher, brighter, and lighter now that I don’t have all of that chatter in the background of my mind, keeping me in limbo. I have moved forward, up, and out of a negative state of mind that once had me bound, and I want to show other people that they can be free too!”*

Angela is a nationally certified Fitness Professional and Zumba Instructor whom has graduated from the University of Illinois at Chicago with a degree in Kinesiology. When Angela stopped the cycle of denial controlling her life, she was free mentally and emotionally to make changes that brought her back to authenticity. It was then she began to feel better, release excess body fat, feel love, reclaim her energy, joy and peace and write her first book.

Learn more visit: [www.BeautyAndVanity.com](http://www.BeautyAndVanity.com) or email [angela@BeautyAndVanity.com](mailto:angela@BeautyAndVanity.com)

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