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## Michael Soward Shares an Inspiring Tale Depicting the Strength of the Human Spirit

New book is a crash course in "Life-ology 101" showing readers how to overcome life's hardships

York, NY — (SBWIRE) — 10/10/2013 — Life is what it is, and sometimes the pain, the sual twists and turns of it are unavoidable, though through its entirety one must always lle, for this is a great start of the healing process. Author Michael Soward has lived by these words, and is new book, "Life-ology 101," he shares his life journey with readers everywhere, giving them a brief ten snapshot of his life from childhood to his arrival in New York City, and all the adversities he met and ercame along the way.

"Life-ology101: If All Else Fails, Smile" is an autobiographical chronicle of the life and times of Michael Soward, following his journey from his days as a teenager who came from a strict African-American household to a liberated young adult exploring a nation that was also experiencing sweeping changes. Readers will witness the metamorphosis of a man coinciding with the transformation of an entire society, a domino effect wherein both will never be the same again. Soward's compelling narrative contains invaluable life lessons on freedom, on a personal and societal level, and on the great responsibilities that come with it.

Through his life story, Soward hopes to show readers that regardless of their life challenges, they must never, ever give up. That is the fundamental lesson of "Life-ology 101."

For more information on this book, interested parties may log on www.Amazon.com

About the Author: Michael Soward

Michael Soward currently lives and serves in New York as an independent nationwide consultant for aspiring Gospel and Jazz artist and writers. He continues to help build careers and recording products within these industries through his persistence, knowledge of these markets, promotion and marketing skills.

Life-ology101 \* by Michael Soward If All Else Fails, Smile

Publication Date: September 16, 2013

Trade Paperback; \$XX.xx; # pages; 978-1-4836-9509-9 Trade Hardback; \$XX.xx; # pages; 978-1-4836-9510-5

eBook; \$XX.xx; 978-1-4836-9511-2

To request a complimentary paperback review copy, contact the publisher at (888) 795-4274 x. 7879. To purchase copies of the book for resale, please fax (812) 355-4079 or call (888) 795-4274 x. 7879.

Available now at: Amazon, Barnes and Nobles, Foyles, UK and all other major book stores.

Source: Piece of Cake PR

Posted Thursday, October 10, 2013 at 1:27 PM CDT - Permalink

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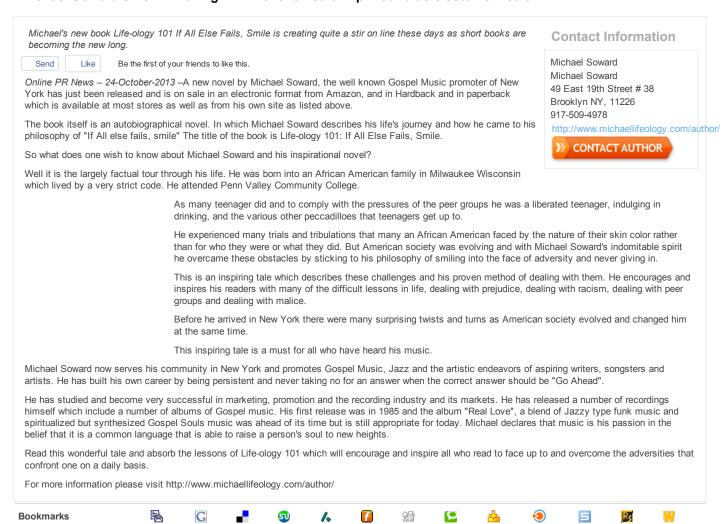
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## Michael Soward's New Amazing Mini-Novel on sale in print and as electonic media



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