

Omaha author inks book with Tate Publishing

Author Mark Beischel partners with Tate Publishing to kick-start the publication process of his book, title to be released soon.

OMAHA, NEB.--, UNITED STATES`, November 12, 2015 /EINPresswire.com/ -- OMAHA, Neb. – Author Mark Beischel partners with [Tate Publishing](#) to kick-start the publication process of his book, title to be released soon.

Beischel's book focuses on calming the brain, relieving it from stress and anxiety, and sharing the Christian message of peace.



“Many individuals worry about what is in the future or past. They need to learn to live in the present, accepting each moment in peace and quiet. Typically these people are given medications to calm the anxiety. The theme of this book is that this is not the only way to calm down the anxious brain. Current research has found that learning to meditate through mindfulness works very well to clam the brain,” Beischel shares.

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Beischel shares this useful tool to readers on how to live in the present and feel security and empowerment through meditation.

Stacy Baker, Acquisitions Editor

Published by Tate Publishing and Enterprises, the book will be available upon its release, through bookstores nationwide, from the publisher at www.tatepublishing.com/bookstore, or by visiting barnesandnoble.com or amazon.com.

[Dr. Mark Beischel](#) spent the last 50 years as a teacher and psychologist with degrees in philosophy, theology and

psychology. He was inspired to write this book due to that education and his personal beliefs in the message of Christ.

As a former priest Mark was trained in theology and the practice of Christian meditation. His book puts together his scientific knowledge of psychology and theological beliefs. He believes that the written word will reach many more people than his teaching ever did.

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For more information or interview requests please contact Michelle Whitman, publicist, at (405) 458-5642 or send an email to michelle@keymgc.com.

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