



Footsteps Of A Nurse Weekly Meditations

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Footsteps Of A Nurse Weekly Meditations

BURLINGTON, N.J, May 7, 29, 2016- Author Sonya Mayers announces the nationwide release of her new book, "Footsteps Of A Nurse, Weekly Meditations". In her book, she desires to help nurses all over the world to take a moment out of their day to meet with God by getting in his divine presence by meditating on his word.

As Registered Nurse (RN) for over 35 years Ms. Sonya Mayers wrote Footsteps of a Nurse Weekly Meditations as homage to the nursing profession. Her weekly devotional message targets all nurses no matter their level of degree in the medical field or years of expertise.

She believes that it is imperative for nurses to incorporate medical knowledge with spiritual knowledge for guidance and clarity in accomplishing their daily task. As an experienced nurse, she recognized the need for nurses to take a break which can be a rarity in the medical profession.

This weekly devotional book is dedicated to the nursing profession. Footsteps of a Nurse Weekly Meditations reiterates that "God is there all the time and that He is for us and not against us." As a self-published author, born again Christian, and a disciple of Jesus Christ, she wrote this devotional guide as a personal testimony of God's mercy and grace. Initially, the book was started in 2008; however, the text was not completed until 2014.

The beginning of 2014 marks a very critical and painful time in her life. She was recovering from severe back ailment which left her with limited walking ability. Each footstep was unbearably painful, and being immobile gave her the time to reminisce about how she took her feet for granted when caring for others as a nurse. In addition, it gave her an opportunity to reflect, meditate, and pray. Sonya Mayers was born on the small island of Barbados in the West Indies. In 1974, she graduated high school, and she was recruited in a nursing program called "Opportunity Knocks." In 1975, she entered nursing school and eventually migrated to the United States in 1984. She admittedly has many specialties within the nursing field, such as hospice and home care nurse, but her academic resume primarily focuses on the nursing field and being a disciple of Jesus Christ.

She believes that Christianity is a life style, not a religion. Just to name a few of her academic achievements, she has an A.A. in Nursing, B.A. in Theology, Chaplains Certificate, Professional Gourmet, Cooking Diploma, Leadership Training Certificate and International Training Bible School diploma. In 1999, as a missionary, her first mission was in Russia for two weeks. She proudly appreciates that being a missionary is her true calling, and has visited seven countries between the years of 2000 to 2013. Sonya Mayers is confident that her book "Footsteps Of A Nurse, Weekly Meditation" will be a source of strength and balance to aide nurses around the world with their highly involved and stressful occupation which they are committed to and love to perform.

Ms. Sonya Mayers
856-203-0911
email us here
Foot Step of Nursing

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