

New Book Promises to Help People Heal Physically, Emotionally, and Spiritually

FRESNO, CALIFORNIA, UNITED STATES, May 17, 2021 /EINPresswire.com/ -- Ignite Press announced the release of *Healing from the Heart: Restoring Alignment to Revitalize Your Body, Soul, and Spirit* by healing prayer minister Dana Grindal.

The book is available on Amazon at <https://amzn.to/3h2wd8T>

Life delivers hurts that can cripple us in many ways, but complete healing is possible. *Healing from the Heart* not only tells the inspiring story of the author's own journey, but provides you with practical, layer-by-layer instruction and journaling prompts that can lead to your own healing from physical and emotional issues.



"When one part of us is out of alignment, the other parts are directly affected, because they are interconnected," says Dana. "Our parts do not operate independently of each other. Therefore, alignment is a physical, mental, emotional, and spiritual reality affecting us all."

To celebrate the launch of the book, the Kindle version of the book will be on sale for 99 cents for a limited time.

Dana Grindal is a Biblical prayer minister, teacher, and mentor. In individual sessions, Dana empowers clients by prayerfully identifying their giftings, as well as natural and spiritual obstacles, to produce positive, life-giving results in their work, ministries, and relationships.

Through group classes, Dana loves to teach others how to hear from God and have a deeper relationship with Him. She is passionate about prayer and has witnessed firsthand the

transformation that authentic prayer brings to individuals, marriages, children, homes, churches, and communities.

Dana received her Prayer Minister certification through Elijah House International. She trained in healing prayer through Joan Hunter Ministries. She was a leader in prayer ministry for twenty-five years through Moms in Prayer International and National Day of Prayer, as well as her local church. She has served in women and student ministries, led women's and couples' retreats, disciplined women, and strengthened families by teaching the Bible with excellence. She and her husband serve together, supporting missions through Greater Europe Mission.

Dana attended Texas A&M University receiving her degree in Biomedical Science. It was there that she met and married her college sweetheart. She and Corey have been married for twenty-eight years. They have three amazing adult children and a beautiful daughter-in-law. Dana and Corey love to adventure together, hiking and skiing, traveling, and meeting new people around the world. They currently live in London.

Dana can be reached at <https://www.danagrindal.com/>.

Visit Amazon at <https://amzn.to/3h2wd8T> to purchase the book and to learn more!

Malia Sexton
Ignite Press
+1 559-477-4202
[email us here](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/541352158>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2021 IPD Group, Inc. All Right Reserved.