



For Immediate Release

Contact: Sarah Snyder

Phone: xxx-xxx-xxxx

Email: [SASnyder@LunaRiverVoices.com](mailto:SA_Snyder@LunaRiverVoices.com)

Lamb Stew for the Annoyed Soul New book from the author of *Plant Trees, Carry Sheep*

If you get annoyed when plans change without warning or when people don't respect your rules or when life seems to dump on you constantly, this witty little book might help shift your perspective.

HERNDON, Va – Have you ever felt exasperated when children use your grain bucket to collect frog spawn? How about peeved when you volunteer to plant trees but end up mucking out chicken coops instead? Probably not, but author S.A. Snyder has, and she thinks you'll recognize these annoyances as "others don't respect your rules" and "plans change without warning."

In the vein of the chicken soup stories, the amusing *The Value of Your Soul: Rumi Verse for Life's Annoying Moments* is a collection of 38 such "annoyances" that Snyder pulled from her experience as an American living at a spiritual retreat in Scotland. Each chapter features a short tale with a lesson learned and a verse from the poet Rumi. She applies his wisdom, along with a soupçon of her own homespun insight, for how to cope with each particular situation. The stories come from her 2019 spiritual journeying memoir, *Plant Trees, Carry Sheep*. Whimsical illustrations add to this new book's charm.

"The humor is a reminder not to take life too seriously. I hope Rumi's ages-old viewpoint encourages readers to look at some common aggravating situations in a different light," Snyder says.

If you're unfamiliar with his work, this book is a fun introduction to the beloved 13th-century poet. Snyder says his words are relevant today because Rumi asks us to take a deep look inside ourselves and recognize that people—no matter what century they belong to—tend to fret about things that don't matter in the grander scheme. Rumi tells us: *You know the value of every article of merchandise, but if you don't know the value of your own soul, it's all foolishness.* In other words, deep down our true value is our very existence as children of the Creator. That should matter more than anything else.

The topics deal with what are typically considered "negative" states of being human, such as impatience, resentment, fear, anger, and disappointment. Snyder calls them universal stumbling blocks of the ego but asks readers not to see them as negative emotions so much as *teaching* emotions.

About her book Snyder says, "It's something you can dip in and out of, or whenever you need a

little reminder that we are more than the sum of that which annoys us. We are human, and that's just Divine!"

#

About the Author

S.A. Snyder has been writing professionally since 1991. She has worn hats as a newspaper columnist and reporter, technical writer, writing instructor, communications manager and consultant, blogger, and book author. With humor and insight, she inspires others through the telling of her own experiences to examine what it means to live a meaningful life. Her blog, www.LunaRiverVoices.com, focuses on self-care, retreats, and re-inventing the way we live for the benefit of all. She also participates in oral storytelling of her personal experiences. Her other books include *Plant Trees, Carry Sheep: A Woman's Spiritual Journey Among the Sufis of Scotland* (memoir) and *Scenic Driving Montana* (travel guide). She lives in Virginia.

Book Details

The Value of Your Soul: Rumi Verse for Life's Annoying Moments

Publisher: Luna River Publishing (www.LunaRiverPublishing.com)

Pub. date: September 2020

Paperback: ISBN 978-1-7332925-3-5, 150 pp (est), perfect bound, 5.5" x 8.5", \$7.99

Kindle, epub: ISBN 978-1-7332925-2-8, \$4.99