

2011 NOW IT BEGINS



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London, UK – November 2011:



He's read the palms of celebrities and VIPs including President Barack Obama. Now for the first time celebrated palmist, psychic and life coach Gary Markwick is taking readers by the hand as he

leads them on a mind-expanding journey to a deeper, more harmonious reality.

Now It Begins is a comprehensive self-help book that draws upon personal testimony, professional guidance and the best of New Age thinking to empower people to fully take control of their lives.

Split into 10 distinct "phases" it systematically tackles some of life's biggest and most personal questions about identity and interconnectivity, love and fear, and choice and destiny.

Arguing that most of us are trapped in a harmful illusionary world of our own subconscious creation, Markwick urges readers to break the mental chains holding them back and by exercising the gift of choice take responsibility for their own future happiness.

The author is there every step of the way to provide a clear and accessible path through the clutter of negative thoughts and day-to-day distractions on to the end goal of self-realisation.

At the heart the title is the simple assertion

that once you can let go of illusion and draw upon a more fundamental, universal source of motivation, then you will reconnect with your true purpose on earth.

Illustrated throughout with ancient learning and pithy stories that gently bring home the important points being made, Now It Begins will consistently inspire and encourage people on their exciting journey to freedom and fulfilment.

The world is now on the verge of a great spiritual awakening and everybody owes it to themselves, and their neighbours, to tap into the limitless energy of the moment and bring about a lasting change for the better.

ABOUT THE AUTHOR:

With qualifications in Palmistry, Reiki, Clinical Hypnotherapy and NLP, Gary Markwick is much sought-after by people all over the world wishing to transform their lives for the better.

Through regularly group and corporate workshops, as well as one-to-one sessions, he has helped thousands of people break out of negative modes of thinking and take charge of destiny.

Gary enjoys international fame as a palmist and spiritual healer and over a career spanning two decades has made numerous appearances in the national media, including Sky TV and the News of the World. He has read the palms of celebrities including comedian Phil Jupitus on BBC show Never Mind the Buzzcocks and, most notably, President Barack Obama before his 2004 electoral campaign.

Gary says his aim is to "help and show people how to find the positive resources and intentions, by using one's own skills in obtaining the full potentiality that exists within our life".

Now It Begins is his first book. The author is based in Camden, London.

NOTES TO EDITORS:

Review copies of Now It Begins are available upon request, along with high-res images. Author Gary Markwick is also available for interview.

For all media requests please contact Anthony Harvison at Palamedes PR on 0207 1383067 or email anthony.harvison@palamedespr.com.

Now it Begins

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