

Press Release

Local Author's Book is Finalist in National Book of the Year Award

Dancing to My Heartbeat, an autobiography written by Deborah Lysholm and daughter, Kristin Freya, has been selected as a finalist (Women's Studies category) in the national *ForeWord Review's Book of the Year Award* and placed as first runner-up finalist (Autobiography category) in the *National Indie Excellence Awards*.

ForeWord Reviews, shines a light on independent authors and publishers whose groundbreaking work stands out from the crowd. By mid-June, a panel of over 100 librarians and booksellers will determine the winners of this prestigious award. A celebration of the winners from a variety of categories will take place during the American Library Association Annual Conference in Las Vegas on Friday, June 27.

The *National Indie Excellence Awards* (NIEA) was created to help establish self-publishing as a proud, legitimate, and strong facet of the publishing industry. NIEA is a proud champion of self-publishers and independent presses that go the extra mile to produce books of excellence in every aspect.

Dancing to My Heartbeat follows Lysholm fleeing her terror-filled marriage of twenty-three years, to summoning unbelievable courage and passion to start a new life for herself and daughter, Kristin. A cosmic slingshot propelled them into an unknown universe, traversing discriminatory court battles, including a first-ever domestic violence trial in civil court, and staking their place in the performing arts by risking everything to build their celebrated performing arts center, Heartbeat. Along their journey from darkness to light, they captured the attention of entertainment luminaries and embarked on exhilarating world travels, discovering the women they were meant to be. This mother and daughter's inspiring odyssey is a hero's journey as they go from victim to victorious. *Dancing to My Heartbeat* is a candid, insightful and educational autobiography that answers the question, "Why didn't you just leave?" It conveys the beauty ahead when you do.

Dancing to My Heartbeat is available at Barnes & Noble stores and online at Amazon.com, BN.com, Beaverspondpress.com, and Parkroadbooks.com. It is also available as an e-book and at Heartbeat Performing Arts Center, 7661 West 145th Street, Apple Valley, MN. 952-432-7833.