FOR IMMEDIATE RELEASE - February 1, 2012

An updated version of the classic best-seller “The Wind Is My Mother” offers inspiration and hope for a complex world.

CONTACT: Molly Larkin 269-929-6796 Molly@thewindismymother.com

*The Wind Is My Mother, The Life and Teachings of a Native American Shaman*, updated edition published by Berkley Books, is available in bookstores nationwide for $15.

“At once mystical and utterly practical, Bear Heart’s message is not a call to conversion, but the testimony of a life so fully lived it can heal others. To read it is to be inspired to live one’s own life with more attention, harmony and hope.” – Lorene Cary, author of *Black Ice*

“This fascinating book is a rare combination of universal truths and practical applications. It is an excellent manual for living a healthy life in a complex world.” - John Gray, author of *Men Are From Mars, Women Are From Venus*

On February 1, 2012, Berkley Publishing Group will release an updated edition of **THE WIND IS MY MOTHER*; The Life and Teachings of a Native American Shaman***. In this book, Bear Heart Williams of the Muskogee Creek tribe tells the inspiring story of his life and training in the medicine ways of his ancestors. One of the last living shamans to have been trained in the ancient ways, Bear Heart weaves together anecdotes and philosophy, demonstrating that traditional Native American wisdom can be applied in today’s world to live a peaceful, balanced life.

Bear Heart begins **THE WIND IS MY MOTHER** by describing the tasks of his apprenticeship as a medicine man, which included sitting for days in an empty field, laying on a three-foot-wide anthill, and walking unharmed through a den of rattlesnakes. The spiritual consequences of these physical trials enabled him to survive personal tragedy as well as to counsel and teach others to do the same. His inspirational teachings stress the importance of such things as self-knowledge, forgiveness, and a connection to nature. His explanations of aspects of the Native American Church, such as the use of peyote for prayer and healing, the Sacred Pipe and the Vision Quest, further bridge the gap between an ancient world and a contemporary life.

Berkley Publishing Group is proud to release this updated edition to an inspirational classic. In continuous print since 1996 and translated into 12 languages, **THE WIND IS MY MOTHER** has struck a chord around the world with people from all walks of life.

A charismatic storyteller, Bear Heart’s autobiography is rich not only with the amazing accomplishments and wisdom of his life as a medicine man, but also with the ages-old legends of his people.

The updated edition includes an Epilogue by Bear Heart’s co-author and apprentice, Molly Larkin, with additional stories and teachings from his life. Bear Heart passed away in 2008. To set up a phone interview with Molly Larkin, you can reach her at 269-929-6796.