**LAUNCH DATE**

March 29, 2023

**FOR ADDITIONAL INFORMATION**

S.J. Cunningham

724-710-1783

Sarah@sjcunningham.net

**Local Melbourne Author Publishes Third Book: *A Wild and Wandering Journey***

**Spiritual guidebook offers daily devotions and meditations of intention for
common emotions, situations and themes along life’s passage**

**Tagline:** Create, affect, and heal your life.

**Melbourne, FL –** Following the release of her award-winning novels [*All This Was Mission*](https://www.amazon.com/All-This-Was-Mission-Cunningham-ebook/dp/B08PW3R6SY)and [*The Book of Grace*](https://www.amazon.com/Book-Grace-S-J-Cunningham/dp/1736813617)*,* Melbourne author S.J. Cunningham has announced the release of her third book—[***A Wild and Wandering Journey***](https://www.amazon.com/Wild-Wandering-Journey-Devotions-Meditations/dp/1736813641)***:* *Daily Devotions and Meditations of Intention for Life’s Fragile Moments*.**

*A Wild and Wandering Journey* includes both morning and evening devotions and meditations on fifty-four universal topics and offers specific guidance and dedicated space for readers to create their own devotions, prayers or meditations.

“This work is a departure from my previous genres and style of writing,” said Cunningham. “When I started writing the book, I was really creating for myself—thinking about my own reactions to and intentions for situations and themes from acceptance and anger to weakness and wisdom. I recognized that my meditations may be helpful for others as they reflect on similar themes in their own experiences. My hope is that my words are an inspiration for others to interpret and create intention-filled prayers, devotions, and meditations that are most meaningful and impactful to them.”

Cunningham stresses that it’s important to be aware of and purposeful about what we want in our roles as conscious creators in and of the world and to recognize that it’s okay to start from a place of humanity in our spiritual journeys. “Ultimately, I want readers to embrace their own spiritual power through the creation of individual words of intention,” she said. “It takes some practice to be able to interpret, learn from, and ultimately rise above our emotions, while also recognizing that our human experiences are what make the journey so rich, beautiful and overwhelmingly awesome.”

While the book is spiritual in nature, Cunningham hopes that the text appeals to a wide audience with the understanding that not everyone prescribes to a particular religion or spiritual affiliation, and that diversity of faith and love is beautiful. “The devotions that I’ve included are meant to be broad enough for readers of all spiritual backgrounds to identify with,” she said.

*A Wild and Wandering Journey,* is available in hardcover, paperback and digital formats from Amazon and other major booksellers on March 29.

Amazon Link: [A Wild and Wandering Journey: Daily Devotions and Meditations of Intention for Life's Fragile Moments: Cunningham, S J: 9781736813645: Amazon.com: Books](https://www.amazon.com/Wild-Wandering-Journey-Devotions-Meditations/dp/1736813641)

Barnes and Noble Link: [A Wild and Wandering Journey: Daily Devotions and Meditations of Intention for Life's Fragile Moments by S.J. Cunningham, Paperback | Barnes & Noble® (barnesandnoble.com)](https://www.barnesandnoble.com/w/a-wild-and-wandering-journey-s-j-cunningham/1143221532?ean=9781736813638)

**About the Author**

S.J. Cunningham has always been both a reader and a writer in one form or another. She majored in English Literature in college, because, according to Cunningham, “Books can transport you to another place and time, but more than that—they can impart wisdom through storytelling. And those words can offer a sanctuary or create a wake-up call in your life.”

Always an avid reader, Cunningham earned her Master’s degree in the Writing of Fiction from Seton Hill College (now Seton Hill University) in Greensburg, Pa.

She is the author of two award-winning speculative fiction novels: All This Was Mission and The Book of Grace. A Wild and Wandering Journey: Daily Devotions and Meditations of Intention for Life’s Fragile Moments is her first work in the non-fiction spirituality genre.

S.J. Cunningham currently resides in Melbourne, Florida near the Atlantic Ocean where she writes, teaches, and provides communications consulting services.

Visit [www.sjcunningham.net](http://www.sjcunningham.net), [www.facebook.com/sjcunninghamwriter](http://www.facebook.com/sjcunninghamwriter) or follow her on Instagram at [www.instragram.com/sjcunninghamwriter](http://www.instragram.com/sjcunninghamwriter) for updates.