

**PRESS RELEASE**  
**'HELP! I Think I Might Be Psychic'**  
**101 Frequently Asked Questions About Spiritual, Psychic & Spooky Stuff**

Hertfordshire – 1<sup>st</sup> October 2008

Helen Leathers and Diane Campkin have released their debut publication through specialist publishers, Spreading The Magic. Aimed at anyone who has a question regarding spirituality and paranormal phenomena, this book provides honest down-to-earth answers to the reader.

Helen and Diane were brought up in Hoddesdon and Cheshunt and have taken part in and run their own courses and workshops in the area for many years. They form part of a local group, 'Petals In The Wind' which runs an annual Charity 'Mind, Body, Spirit Festival' as well as workshops, healing events and evening of clairvoyance. Over this time Helen and Diane found the same questions being asked of them over and over. And with growing interest and increasing media coverage of paranormal encounters they felt that their experiences could help others who have no one else to talk to about such matters. Questions such as 'What's it like to see a ghost?' and 'How do I find my soul mate?' are amongst the 101 questions in this book which explores spiritual and psychic development and philosophy as well as basics like meditation. The authors are quite open that they cannot give definitive answers and encourage open-mindedness and tolerance for the beliefs of others.

This book is a unique reference point for exploring the often confusing and occasionally, egotistical world of the paranormal. It looks to blow away some of the cobwebs surrounding the more esoteric side of life and death. Whether you have had supernatural experiences or not, this book will give you the basics, and a whole lot more.

The authors have this to say about their project, "We want to introduce the reader to a different dimension of life through a greater appreciation for and understanding of the world of Spirit. This exists within us as well as outside and can be as simple as learning to trust your intuition. We want them to read, enjoy and then decide what their own answers are."

Helen & Diane both see, sense and communicate with the Spirit world. They have worked together in a psychic development and teaching capacity for a number of years undertaking card and psychic readings, 'rescue work' and unofficial 'spiritual coaching' for those seeking their path in life. Both are Reiki Masters and run courses and workshops in a variety of disciplines from healing to spirit communication.

This book is the first in a line of books and products which will be launched over the coming months.

Spreading The Magic is an online resource for personal, spiritual and psychic development ([www.spreadingthemagic.com](http://www.spreadingthemagic.com)). Through events, articles, newsletters and products they seek to offer spiritual, and philosophical perspectives on life, the universe and more.

Help! I Think I Might Be Psychic

101 Frequently Asked Questions About Spiritual, Psychic & Spooky Stuff

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A full media pack is also available to download from [www.stmpublishing.co.uk](http://www.stmpublishing.co.uk) which includes this news release, images for press use and author profiles.

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