



James Barnes of Barnes Publishing Awards Nan Waller Burnett the Gold IPPY for Spirituality and Inspiration

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DENVER MEDIATOR WINS TOP PRIZE FOR IPPY'S INDEPENDENT PUBLISHERS NATIONAL BOOK AWARD

Los Angeles, CA, MAY 30, 2008—Denver mediator Nan Waller Burnett, M.A., was honored this weekend in Los Angeles with an Independent Publisher National Book Award for 2008. Her book, *Calm in the Face of the Storm: Spiritual Daily Practice for the Peacemaker*, won the gold medal in the Spirituality/Inspirational category.

Calm in the Face of the Storm: Spiritual Daily Practice for the Peacemaker was written and arranged as 365 daily entries and meditations designed primarily for people in high conflict professions.

“This is the only book of its kind in the field of conflict resolution, the law, and peacebuilding,” says Burnett. “Adopting the daily practice of using a spiritual guidebook can help your personal renewal through self reflection. *Calm in the Face of the Storm* is meant to provide a platform for introspection: a chance for you to question how you live, to reflect on your practice, to care for your soul, and most importantly, a reason to sit quietly and invite stillness.”

The daily reflections explore topics such as blessings and suffering and are paired with quotations from a wide range of famous thinkers, including Maya Angelou, The Dalai Lama, Carl Jung, Thoreau and many others. Each entry starts with a question, followed by a short exploration of the topic and concludes with a portal to meditation and journaling.

“In the course of working with conflict every day, a residual effect can be the reduced capacity for living one’s life,” says Burnett. “To meet the intense challenges of this work, make time to nurture your own inner peace.”

Burnett is an Advanced Practitioner in the Association for Conflict Resolution and a high conflict specialist. She is an affiliate faculty member at Regis University, on the board of directors of Mediators Beyond Borders International, and a Tri Chair of the ACR Spirituality Section. She designs and facilitates the Rocky Mountain Retreat, an event to teach holistic and reflective practice to conflict practitioners. www.calminthefaceofthestorm.com