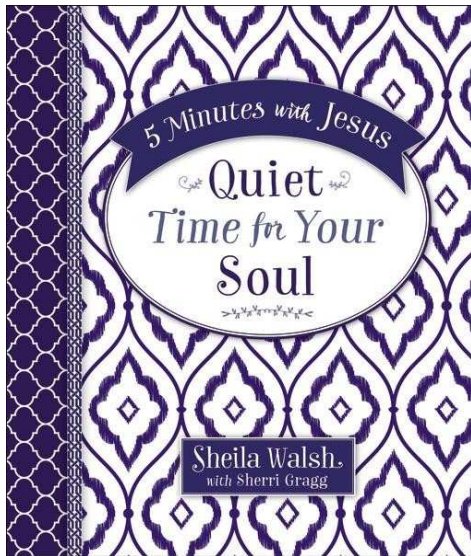




For Immediate Release

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**SHEILA WALSH’S “5 MINUTES WITH JESUS”
TOPS 200,000 UNITS SOLD
FOURTH TITLE IN POPULAR DEVOTIONAL SERIES,
QUIET TIME FOR YOUR SOUL, ARRIVES IN MARCH**



Nashville, Tenn. — Bible teacher and author Sheila Walsh understands how the busyness of life can easily push out quiet time with the Lord. She knew her experience wasn't unique, so her devotional series, **5 Minutes with Jesus**, was born out of her own need and designed to fit into women's busy lives – and their purses. These daily readings are packaged in a small trim size which allows women to make time for spiritual reflection whenever and wherever they choose. The first three titles in the series are clearly meeting a need for women, as more than 200,000 copies are now being tucked into coat pockets, gym bags, backpacks and diaper bags everywhere.

The fourth in the popular series will release this March. **5 Minutes with Jesus: Quiet Time for Your Soul** (March 7, 2017, by Sheila Walsh with Sherri Gragg) encourages women to find five minutes a day to connect with their Savior and quiet

their soul. The daily readings offer insightful stories and anecdotes, a related Scripture, and a guiding thought which help readers find peace and hope on the craziest of days.

“Is it any wonder we are anxious and deeply weary?” Walsh writes. “We simply were not made to live like this—running full-tilt, dashing through one adrenaline-fueled day to another against a soundtrack of phone calls, e-mails, texts, computers, TV, radio, and on occasion, in-person human voices. These devotionals invite readers to step away from all the bustle, even if it is just five minutes.”

Rather than falling into bed at night feeling guilty for not spending time with Jesus, Sheila Walsh urges readers to carve out just five minutes to rest their souls. “If we set that small goal, we can refocus during a busy day, reconnect with the peace that Christ offers his daughters.” Sheila invites readers to step off the thrill ride of life and into the arms of a loving Savior who will lead them beside still waters that refresh the soul, to green pastures where there is rest (Psalm 23).

Sheila Walsh, whose best-selling books have sold more than 5 million copies worldwide, is a daily presence in the lives of many Christian women through her books, speaking engagements, and as co-host of the popular international Christian television program “Life Today.”

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Highlights of the book include:

- Short, relevant devotionals can be consumed in just five minutes
- Appealing to any busy woman who wants replenishment, more rest, and a closer walk with Jesus
- Dimensions of book make it an easy fit into purses or tote bags
- Offers direction on how to listen for the voice of God
- Reminds readers of God’s unfathomable and unconditional love
- Highlights the power of gratitude and contentment to open the doors of blessing

The first title in this devotional series, *5 Minutes with Jesus: Making Today Matter*, released late in 2015 and sold 120,000 units in eight months. The next two volumes, *5 Minutes with Jesus: Peace for Today* and *5 Minutes with Jesus: A Fresh Infusion of Joy* released in 2016, shooting sales well past 200,000 units.

Sheila Walsh is a powerful communicator, Bible teacher, and best-selling author from Scotland with over 5 million books sold. She is author of the “5 Minutes with Jesus” devotional series, *Peace for Today*, *Loved Back to Life*, *The Storm Inside*, *The Longing in Me*, and the award-winning “Gigi, God’s Little Princess” children’s series. Her next trade book, *In The Middle of the Mess, Strength for This Beautiful Broken Life*, is set to release November 2017. Sheila is also cohost of the “Life Today” television program with James and Betty Robison. Her international ministry has reached more than 5.5 million women by combining honesty, vulnerability, and humor with the transforming power of God’s Word. Sheila lives in Dallas, Texas, with her husband, Barry, her son, Christian, and three little dogs. More at braveheartsisterhood.com.

Thomas Nelson is a world-leading publisher and provider of Christian content and has been providing readers with quality inspirational product for more than 200 years. As part of HarperCollins Christian Publishing, Inc., the publishing group provides multiple formats of award-winning Bibles, books, gift books, cookbooks, curriculum and digital content, with distribution of its products in more than 100 countries. Thomas Nelson is headquartered in Nashville, Tenn. For additional information visit www.thomasnelson.com.

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5 Minutes with Jesus: Quiet Time for Your Soul

By Sheila Walsh with Sherri Gragg

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