

Linda Meyerholz, MS, LMHC

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## PRESS RELEASE

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**FOR IMMEDIATE RELEASE – PHOTO ATTACHED**

### **Local Author to Appear at Book Signing**

FORT MYERS, Fla. (Dec. 18, 2006) – Local author and licensed therapist Linda Meyerholz, MS, LMHC, will promote and sign her most recent book “Recovery from Childhood in America” at Barnes and Noble, located at 13751 S. Tamiami Trail in Fort Myers on Jan. 11 at 7 p.m.

“Recovery from Childhood in America” discusses how addictions, dysfunctional relationships and domestic violence issues can all be healed as individuals reconnect to all of the spirit senses of the Human Navigational System. Meyerholz explains that if people learn to listen to every emotion that they feel, their life could become richer, simpler and more easily experienced. Linda Meyerholz, MS, LMHC, is a licensed therapist in private practice in Southwest Florida and the author of two books, “Codependency Sucks” and “Recovery from Childhood in America,” which are available at Barnes & Noble stores, [BarnesandNoble.com](http://BarnesandNoble.com) and [Amazon.com](http://Amazon.com). Meyerholz specializes in relationships, codependency and addiction recovery and is a member of the American Mental Health Counselors Association. She is an experienced workshop presenter and can be reached at (239) 949-4910, by email at [lvnsupport@aol.com](mailto:lvnsupport@aol.com) and through her Web site, [www.lindameyerholz.com](http://www.lindameyerholz.com).

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