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LOCAL AUTHOR RELEASES INSPIRATIONAL MEMOIR

TRIUMPH! A BATTLE PLAN FOR JOY  
Choose Joy Despite Circumstances

DALLAS, TEXAS, May 13, 2014—Local author and inspirational speaker Gladys Simmons Carson's debut book, "Triumph! A Battle Plan for Joy," will be officially released on May 15, 2014 at Amazon.com, in paperback and kindle e-book. She will celebrate with a month-long Online Virtual Tour, promoted by Enchanted Book Promotions from May 19 to June 19, 2014. The virtual tour will be followed by a Grand Celebration in July with the theme "Joy by Choice, Not by Chance." This grand event, date to be announced later, will include performance by Singing Sensation, Andrea Wallace.

Carson, a 70 something senior citizen and fifth-generation Texan, opts for pen and pad over a rocking chair, proving it is never too late to follow your dream. Set primarily in North Texas, "Triumph! A Battle Plan for Joy is the story of a young girl's journey into womanhood through some harsh realities, including child abuse, legalized racism and a period of destructive thinking. But through grace and her tenacious will she triumphs over the effects of them all. Carson's prize is a resurgence of bountiful joy. You will believe you too can choose joy despite your circumstances.

The book took Carson about four years to write, but it was about 70 years in the making. From the day she first read Betty Smith's "A Tree Grows in Brooklyn" as a preschooler, she had been yearning to write a book. In the season of her senior years her dream finally blossomed into a garden of reality.

Carson, a retired City of Dallas code enforcement manager, is a vibrant senior citizen who takes a holistic approach to enhancing her wellbeing, by nurturing body, mind and spirit. She remains socially active, follows a vegan diet, lifts weights, does low-impact aerobics, engages in deep-breathing exercises, practices deliberate gratitude, and enjoys a working relationship with God.

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