

LYDIA ELLE

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HEALING THROUGH THE STORM

“And So I Prayed...: The First 40 Days” Debut Book by Lydia Elle Offers Light in the Darkest Part of the Storm

(Los Angeles, CA) The debut book by **Lydia Elle** *And So I Prayed...: The First 40 Days* chronicles her journey during the darkest time in her life. The multi-talented single-mother, author, speaker, singer and actor brings to light strategies for navigating through the storm. **The special edition eBook will be available exclusively for Kindle on Amazon, Tuesday, November 10, 2015.** The eBook includes an exclusive free gift, her latest single called *All of Me* written by Grammy-nominated, multi-platinum selling producer Erik 'Blu2th' Griggs. Simultaneously she is releasing the EP *I Prayed* for sale on iTunes as a companion to the book. She describes her inspiration for writing the book, “When I was going through the storm I couldn’t find any practical advice about what to do while in the midst of the storm. As a Christian I know it’s darkest just before dawn and there is light at the end of the tunnel, but I needed to get *through* the darkness and *through* the tunnel. Getting through is what this book is about.”

About the Book: *And So I Prayed...* is a chronicle of one of the darkest times in her life, a period of heartbreak and loss that Lydia calls her “40 days of storm.” Lydia’s collection of searing, honest and inspirational essays about prayer, forgiveness, and self-discovery—one for each of the 40 days that Noah and his family endured the Flood—tracks her personal journey from despair to redemption through God’s power and love. The eBook will be released on Amazon November 10th and the EP *I Prayed* her journey in song is available for sale on iTunes and includes the timeless melody *I Prayed* which is also written Erik “Blu2th” Griggs. The song embodies the gentle way we can approach God with our heart’s true cry and the strong and constant way that He promises to hear when we call.

About Lydia Elle: Lydia has worked extensively as a lead vocalist, guest soloist and worship leader, and has shared the stage with many notable artists. Born in London, England, Lydia showed early signs of a powerful and restless intellect and enrolled in college by the age of sixteen. She quickly excelled scholastically and earned multiple degrees at the undergraduate and graduate levels in the areas of Mathematics, Music, Business Administration, and Pastoral Studies. As a result, she has excelled in a variety of professions that range from university instructor at her alma mater Oakwood University to research analyst for the Department of Defense. However in her own words she explains, "I want to be known as a woman who faced the honest truths about herself and came into her own and whose journey is inspiring others around the world to do the same."

Please visit <http://lydiaelle.com> for more information. For booking contact Ray Bramble at 202.422.2155 or by email at RBramble@RAddington.net. For media inquiries please contact April Rushing at 310.987.7318 or by e-mail at April@RushingMedia.com.

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