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2143 Wooddale Drive, Woodbury, MN 55125-2989 · PH: 800-843-6666 · F: 651-291-1908

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MELISSA ALVAREZ

Author of *365 Ways to Raise Your Frequency*

*Simple Tools to Increase Your Spiritual Energy
for Balance, Purpose, and Joy*

Melissa Alvarez is an internationally known spiritual intuitive coach and an award-winning author of metaphysical nonfiction and paranormal romantic suspense, published under the alias Ariana Dupré. She has appeared on several radio programs as both guest and host, and has written numerous articles as the original paranormal expert at Examiner.com and as the Guide to Romance Fiction at About.com.

Formerly the owner and publisher of the small press New Age Dimensions, Alvarez has been a freelance editor, graphic artist and website designer. She conducts workshops teaching others to connect with their psychic abilities and spirituality, and has performed psychic readings for nearly twenty years.

Alvarez and her family share their home in South Florida with their many animals. She and her husband breed champion KFPS Friesian and ECHA Barock Pinto horses, as well as German Shepherd dogs.

Melissa Alvarez can be found online at www.MelissaA.com or www.365WaysToRaiseYourFrequency.com for more information.

“An insightful perspective on the many ways we can connect to our core spiritual essence by raising our vibration emotionally, physically, mentally and spiritually.”

—Dawn James, author of *Raise Your Vibration, Transform Your Life*

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To arrange an interview, please contact:
Marissa Pederson, Llewellyn Publicity
E-mail: marissap@llewellyn.com
Tel: 651-312-8453