



BOOK PRESS RELEASE

Publication Date: November 24, 2017

Title: A Soul From Minnesota

Author: Allen Nohre

Inspired by memories of small town life in Minnesota and his Nordic heritage, Allen Nohre presents a collection of essays about family, friends, and life's important milestones.

“...poignant...funny...genuine.” *CITY Sun Times*, Phoenix

When Allen Nohre was originally approached to write a newspaper column for the City Sun Times in Phoenix, Arizona, he decided to write on a topic he knew pretty well—his life! His nostalgic and introspective essays chronicle moments in his life that showed him a presence greater than himself and brought him both inspiration and comfort.

Now, for the first time, his columns have been collected into a single volume. *A Soul from Minnesota* includes recollections from Nohre's Minnesota childhood as well as reflections on his current life in Arizona.

A Soul from Minnesota is available on Amazon and Kindle.

About the Author

Allen Nohre has spent his life learning from his experiences and examining his spirituality. He studied analytical psychology at the Jung Institute in Zurich, Switzerland, and considers himself to be a Jungian Lutheran.

Nohre possesses degrees in theology, pastoral counseling, and health-care management. He has worked as a hospital chaplain, a supervisor of clinical pastoral education, a CEO of a series of psychiatric hospitals, and a personal business coach.

Nohre was born in Elbow Lake, Minnesota, but sought warmer climes. Since 2000, he has been writing and living in Carefree, Arizona, with his wife, Kathie.

Media Inquiries: Please contact Allen at anohre@cox.net

