

Contact:
Regent Press
510-547-7602
or John Prindle
510-594-1222
johnprindle@spiritualdestiny.com

Regent's Spiritual Destiny Puts New Shine on Golden Rule Universal Philosophy Finds New Life

June 4, 2002. Oakland, CA.—While looking for a way to encapsulate a personal philosophy he'd used to help hundreds of his counseling clients, John Prindle rediscovered the Golden Rule. Prindle, who helps Bay Area professionals and creatives find their “spiritual calling” through his counseling practice, Creative Career Design, presents his philosophy in a new book, *Spiritual Destiny, Grow Your Capacity to Love* (ISBN: 1-587790-028-9), published by Regent Press of Oakland.

Prindle's research led him to discover that virtually every major religion and philosophical system states the Golden Rule as the essence of how to live at peace with oneself and one another. Prindle thinks that information is important enough to hammer home once again.

“Recent events have tested our faith in institutions and in basic human nature. The Golden Rule, as the foundation of a personal philosophy, can lead us to healthy relations with ourselves and others. It can restore our trust. With trust, we can begin to calm down, focus, and look for lasting solutions.”

Prindle's work with people from varied cultural and spiritual backgrounds is reflected in this new book. As a spiritual counselor and international lecturer for organizations such as SALUS International Health Institute, a State Department sponsored NGO, Prindle has worked with politicians, corporate leaders, and experts from wide-ranging fields including science, art, and entertainment. His personal experience in addiction recovery transformed his life and led him to his own spiritual calling: to teach people from all walks of life to use their personal challenges as a path toward spiritual health.

Copies of *Spiritual Destiny, Grow Your Capacity to Love*, are available from Regent Press and from the author.