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Release Date: Immediately

**"Girlavanting - The Girls Guide to Balance, Bliss and Fun"**

Royal Oak, MI –Girlavanting.... It's a word Teri Williams created to describe the experiences shared with her daughter while bonding over walking, eating, shopping, talking and playing. She expanded the idea of "Girlavanting" into the time she spent with her friends, especially Tamara Stone. Together they turned it into a fabulous book every girl duo will want, to keep the fun rolling.

The two created, "*Girlavanting - The Girls Guide to Balance, Bliss and Fun*," based upon Teri's *Guide to Sister Bliss*. Celebrating the women that have your back and help you get your groove on, the book contains themes, tips, things to do and room for notes. From "Mystics and Mayhem" to "Find the Freebies" Girlavanting has something for everyone including recession minded entertainment. Who could resist giving a friend a tour of the town, pointing out all the places where you have special memories and ending at your favorite place for dessert?

Best Selling Author Marianne Williamson says, "*Girlavanting shows how to ENJOY being a girl and how to teach your friends (and daughters!) to enjoy it, too. Both fun and enlightening.*"

This is Teri's third book. Her other books are: *The Blisstory Journal - The Blissful History of YOUR Life* and *Sisstory Journal - Embracing Sisterhood Celebrating YOU!* based upon her philosophy that "You cannot love anyone or anything until you know and love yourself." Besides an author, she is an entrepreneur, radio host, producer, business consultant, as well as an ordained minister. Known as The Bliss Lady, her columns can be found on several web based women's pages and most recently at Examiner.com, SelfGrowth.com and Abec's Small Business Review. Teri's blog features articles, tips and stories to help others live a more blissful life. This fall she was featured in 2 National books on overcoming life's challenges.

Tamara Stone is an experienced interior designer, certified in Feng Shui and is an Interior Alignment Practitioner. She loves creating beautiful spaces to enhance the quality of one's life. She is also the creator of the, soon to launch, Balance Kit. An artist, dancer, author, stylist, entrepreneur and TV spokesperson, she is the Balance Chic. She believes that "when you are balanced both inside and out, you can then create and live your best life ever."

Illustrations were created by Tamara Stone and cover art was created by Rock Star Mommy, Judy Davids, who says, "*Tamara and Teri know how to have a good time. They reveal their 'Girlavanting' secrets in this highly entertaining and inspirational guide. Get ready to have fun. These girls rock!*"

Ready to get your groove on? Girlavanting is available in e-book or paperback at [Girlavanting.com](http://Girlavanting.com). For additional information, email [thegirls@girlavanting.com](mailto:thegirls@girlavanting.com) or 248-219-6200.