

FOR IMMEDIATE RELEASE

The book Spirituality 101 wins its second award

Less than a year after its release, Dr. Ivan Figueroa-Otero's first book Spirituality 101 is awarded a second time

New author Ivan Figueroa-Otero, MD surpassed his own expectations with the success of his first book, Spirituality 101: For the Dropouts of the School of Life. The book has been well received by the international reader's community, and less than a year after its release it won two prestigious international awards: the 2014 National Indie Excellence Awards and the 2014 Reader's Favorites. Dr. Figueroa-Otero not only dares to answer timeless questions about our spiritual nature, but humbly presents a guide to self-understanding while closing the apparent gap between the religious and scientific vision with an eclectic and original delivery.

San Juan, PR - September 2014 – The book Spirituality 101: For the Dropouts of the School of Life was a long time dream of Dr. Ivan Figueroa-Otero, a retired Pediatric Surgeon who now dedicates his practice to the application of Chinese Medicine and Acupuncture in San Juan, Puerto Rico. A year after self-publishing his book, Dr. Figueroa-Otero reaps the rewards in the public recognition awarded by two prestigious international organizations: the book was a finalist at the 2014 National Indie Excellence Awards for self-published books, and it won one of the only two awards in the Religion/Philosophy Non-Fiction category of the 2014 Reader's Favorites.

Ivan Figueroa-Otero, MD writes a compelling book about living in a spiritual world that is so easy to understand that it becomes elegant in its simplicity. Dr. Figueroa-Otero applied his abilities as a researcher and scientist to engage in a path of self discovery, and now shares his discoveries in a fun, interesting textbook format. The book includes graphs, exercises and even tests.

““In the School Of Life there are no grades or organized curriculum. Everyone comes to learn and progress in specific areas, and your lessons are structured by your daily life. It’s as if the curriculum were created while you learn. Each experience is a new opportunity to grow and develop as whole beings, and everyone decides when he or she has learned sufficiently to move on to the next course.” according to Dr. Figueroa-Otero.

“Spirituality 101 is a book about life and how us humans can reconcile the apparent discrepancies in trying to understand life through either science or religion. No matter your religious beliefs, this book teaches you how to live la balanced life within this existential paradox.” *Samantha Rivera, for Reader's Favorite.*

“Your book truly embodies the excellence that this award was created to celebrate, and we salute you and your fine work.” *National Indie Review*.

This inspirational book has been self-published by Dr. Figueroa-Otero and distributed worldwide as of January, 2014, and is available in print and electronic formats.

About the Author: Retired from the practice of pediatric surgery, Dr. Figueroa Otero is currently engaged in his private practice and continues in his role as an educator, trying to achieve full integration of traditional Chinese acupuncture courses in the curriculum of medical schools and to incorporate meditation techniques in preventive and therapeutic medicine.

For more information about Spirituality 101 please visit: www.ivanfigueroaoteromd.com. You can also call Dr. Figueroa-Otero at: 1-787-728-6032 or write to ifiguero@prtc.net

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SPIRITUALITY 101

FOR THE DROPOUTS OF THE SCHOOL OF LIFE

(REVIEW FOR THE FINAL EXAM)

IVAN FIGUEROA OTERO, MD