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Contact: Craig Stephan, (412) 298-5938, Info@RidingOnEmpty.com

DYSLEXIC AUTHOR ENCOURAGES READERS TO EMBRACE LIFE AND NOT TAKE LOVED ONES FOR GRANTED IN NEW BOOK “RIDING ON EMPTY”

Craig Stephan overcomes dyslexia and shares wisdom gained through his choice of therapy to deal with his mother's death from cancer—a Grand Canyon motorcycle tour.

Pittsburgh, PA—August 2010—In an unconventional, edgy chronicle of the critical periods before and after his mother's death from cancer, Craig Stephan's memoir RIDING ON EMPTY (CreateSpace, July 2010) inspires readers to learn to appreciate those whom we love and not take a single moment for granted.

RIDING ON EMPTY weaves together true tales of Stephan's unusual grieving therapy—a Grand Canyon motorcycle tour—with the life and death of his mother, who went back to college in her late 40s to obtain credentials for spreading literacy throughout Pittsburgh and beyond. Stephan's memoir reveals the unique methods by which she inspired her son to deal with great dyslexia challenges and ultimately wind up on his authentic path as an author and motivational speaker.

Stephan's memoir is endorsed by the renowned Dr. Benjamin Carson, Director of Pediatric Neurosurgery at Johns Hopkins Medical Center, who performed the first successful surgical separation of twins conjoined at the head. Carson also overcame academic challenges during his childhood with the support of his mother, who had only a third-grade education. Carson wrote, “Craig Stephan takes us through his own personal journey and the realization of his dreams.... I think after reading this book, we will not only appreciate our mothers, but all those who are precious in our lives.”

Stephan said the memoir took more than eight years to complete. “Being dyslexic, I knew the cards were stacked against me,” stated Stephan, whose years of experience in difficult situations lead him down the road to perseverance. “So I pressed on knowing that if I could help even one person deal with the loss of a loved one, then it would all be worthwhile,” he added.

Stephan now resides in White Oak, Penn., with his wife and riding partner, Beth, and their two sons. Since the 1998 Grand Canyon tour depicted in RIDING ON EMPTY, he and his wife have traveled on their Harley Davidson motorcycle through 38 states, with plans to see them all, while continuing to share the book's inspiring messages with readers and fellow journeyers they meet along on the road.

Copies are available for purchase at Amazon.com and www.RidingOnEmpty.com.

EDITORS: For review copies, interview requests or speaking engagements, contact:

Craig Stephan

Phone: (412) 298-5938

E-mail: Info@RidingOnEmpty.com

(Note: When requesting a review copy, please provide a street address.)

RIDING ON EMPTY

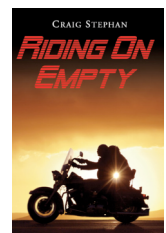
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