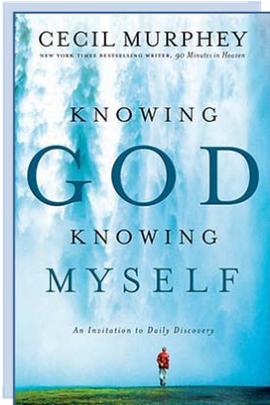


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KNOWING GOD KNOWING MYSELF

Cecil Murphey's Reflections on Understanding God and Self



Atlanta, GA – Cecil (Cec) Murphey is an acclaimed *New York Times*' best-selling author after selling millions of copies of such titles as *90 Minutes in Heaven* (with Don Piper) and *Gifted Hands* (with Ben Carson) and addressing his own spiritual struggles (*When God Turned off the Lights*) and painful personal episodes (*When a Man You Love Was Abused*). In ***Knowing God, Knowing Myself***—the 120th volume of his prolific career—the award-winning author extends his reach toward readers with personal insights to help them grow spiritually.

"I'd rather be disliked for who I am than to be admired for who I'm not," says Murphey, whose latest release stems from several hundred aphorisms compiled over the past three years. "I struggle with being transparent because it's easy to conform, say the right words and behave a certain way, especially among

Christians. If others don't like me, I want them to dislike me for the right reasons—or to like me for the right reasons."

Such pithy observations form the substance of *Knowing God, Knowing Myself*, a collection of 68 observations that convey truth and poignant life lessons. Whether discussing his blind spots, how obnoxious people help us build God's grace within, or how most people focus so much on their faults they fail to acknowledge their gifts and positive qualities, this book contains ample opportunities for quiet reflection and fruitful small group discussions.

These short meditations are so thought-provoking that some might categorize this book as a catalog of mini-sermons, an observation that has substance, given his 20 years as a pastor and missionary to Africa. Cec doesn't see it that way, though, saying he never considered himself a particularly good preacher. Instead, he has always thought of himself as a teacher—someone who hugs his listeners and says, "I want to share with you a few things I've learned."

While no longer in the pulpit except as a guest speaker, his pastoral experiences were an integral part of his spiritual growth, fueling much of what he writes today. Cec speaks of the six years he spent in Africa as the defining years of his life because, spiritually speaking, they were some of the most powerful.

Those lessons are many and varied. He opens with a story titled "The Process and the Results," discussing the need to pursue the passions that fulfill us internally and bring us peace. Recalling how he once rejected a wealthy entrepreneur's offer to manage a hotel chain in Argentina, Cec writes, "If we want to enjoy life, it's not in accumulating trophies of big houses, expensive cars, or profitable investments. The joy comes in following our inner desires. If we give our best to whatever it is, we can enjoy the process."

In two separate chapters Murphey addresses one of the most painful occasions of his life, a fire in 2007 that destroyed his house and claimed his son-in-law's life. While such tragedy can rattle someone to the core, Cec relates how it started his life anew by helping him live in the present and shed some relationships that were draining life from him. It also demonstrated God's sovereignty, something he has remembered many times since that fateful day.

~more~

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Knowing God, Knowing Myself states Cec's message as he writes expressions of his yearning for more of God and to focus on specific aspects of his struggle for spiritual wholeness.

"I never asked God to make me a best-selling author," Cec says. "In fact, I didn't expect it to happen, which makes it even more enjoyable for me. I promised God I wouldn't stop learning and I frequently ask God to make me the best writer I'm capable of becoming. As for major disappointments, I honestly don't have any. If God tells me to shut off my computer tomorrow, I can do that and give thanks."

Best-selling author Cecil Murphey has enraptured countless readers with his lyrical style and deft storytelling, selling millions of books and winning numerous awards. Yet behind the scenes of his successful career, Murphey is on a personal quest for a deeper knowledge of God and himself. Whether readers begin with a desire to know God or to know themselves, *Knowing God, Knowing Myself* will invite them to discover how these two longings are inextricably entwined. As they reflect and journal through this unforgettable book, readers will experience a growing awareness of God's presence and a deepened inner life.

Knowing God, Knowing Myself by Cecil Murphey. Published by Regal Books. January 2011. Paperback, 224 pages. \$14.99. ISBN 10-digit: 08307.57636. ISBN 13-digit: 978.08307.56735.

THE QUOTABLE CECIL MURPHEY

- **How he hopes *Knowing God, Knowing Myself* can help others achieve closeness to God:** "I believe that happiness and spiritual intimacy come from within or in relationship with God. My hope is that people can identify with some of the issues over which I struggle. I want to encourage others to stretch and to open themselves to God *and* to themselves. As I point out early in the book, we can't truly know God without knowing ourselves or vice versa."
- **Why people give up on their dreams:** "People put too much into the results of their dreams—that is, they do everything they can and have high expectations. They're crushed when they don't see the success they wanted. One reason I wrote, 'I am passionately involved in the process; I am emotionally detached from the result' is because of the realization that I too often had tried to push God to give me the outcome I wanted. If I'm God's servant and doing what my master asks, the results are his business and not mine. I wrote those words during a particularly difficult time when my expectations were thwarted and I had to surrender."
- **How a tragic fire helped free him from the grip of possessions and others' expectations:** "I've never been a strong accumulator, although my library had grown extensively over the years and I valued it. For a long time I said that everything I am and everything I have are gifts from God. The fire pushed me to re-examine those words and I was able to affirm them in greater depth. The fire (and especially the loss of my son-in-law) taught me that I am not immune from pain or heartache. The way I like to say it is this: I serve a God of presence and not of protection. God doesn't promise to spare me from pain or trouble; God does promise to be with me during those times."
- **On still writing in his late 70s:** "I see it as a kind of milestone so that I can say, 'Here is where I am now. I'm not at the top of the mountain, but I'm getting close.' The only problem is that as soon as I get to the top I see new mountains to scale. I remain active because I'm healthy (no meds, no physical limits) and I run 30-35 miles a week. I've always had a lot of energy and even though I sense a slight decline, as long as I have the enthusiasm and new ideas, I'll keep writing."

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BIOGRAPHICAL INFORMATION FOR CECIL MURPHEY

With those who believe the 70s should mean a sedentary existence in a retirement village, Cecil “Cec” Murphey begs to differ. As his 78th birthday (Jan. 28, 2011) passes, the Atlanta-based author still runs 30 to 35 miles a week. That helps him maintain the energy, enthusiasm and new ideas that keep him pumping out books—*Knowing God*, *Knowing Myself* makes 120.

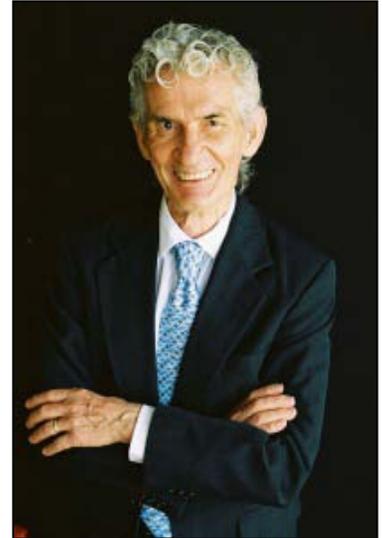
Among his latter works are the runaway bestseller *90 Minutes in Heaven* (with Don Piper). The book has sold more than five million copies and was the catalyst for several follow-up books, with plans in the works for a full-length feature film. The book has been on the *New York Times*’ bestseller list since October 2006 and was included on *USA Today*’s list of top 150 best-selling books in the last 15 years.

Cec also wrote *Gifted Hands: The Ben Carson Story* (with Dr. Ben Carson), which has been made into a movie starring Oscar winner Cuba Gooding, Jr., and a follow-up, *Think Big*. Among his other autobiographies for well-known personalities are volumes with singer B.J. Thomas (*In Tune*); Franklin Graham (*Rebel with a Cause*); and Norman Vaughn, the last survivor of Admiral Byrd’s Antarctica expedition (*With Byrd at the Bottom of the World*).

Some of his more recent releases include *Hope and Comfort for Every Season* (June 2010), *When a Man You Love Was Abused: A Woman’s Guide to Helping Him Overcome Childhood Sexual Molestation* (May 2010), *Words of Comfort for Times of Loss* (January 2010), and *When God Turned off the Lights* and *Christmas Miracles* (both fall 2009 releases). At this time he has four more books under contract for 2011 and has already written three of them.

Prior to launching his career as a full-time writer and speaker, Murphey served as pastor of Riverdale Presbyterian Church in Metro Atlanta, as a volunteer hospital chaplain for 10 years, and as a missionary in Kenya for six. He holds bachelor’s degrees in education and religious education, as well as master’s degrees in education and theology. Cecil was awarded an honorary Doctor of Literature from The Richmond Virginia Seminary for his contributions to the writing field.

For more information about Cecil Murphey, please visit his Web site at www.cecilmurphey.com. His blog for writers offers great writing tips: www.cecwritertowriter.com.



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Suggested Interview Questions

For Cecil Murphey, author of *Knowing God, Knowing Myself*

1. Your first sentence reads, “For most of my adult life I’ve yearned to experience an intimacy with God.” That’s a good, theologically sound statement, but explain what you mean.
2. Your book focuses on the concept that we have to know ourselves and have to know God in order to know ourselves. You believe we can’t separate them. Explain your reasoning for that approach.
3. You write aphorisms—which is the major feature of your book. Explain the term. Tell us what motivated you to write these pithy sayings and how you use them in your own life.
4. One of your sayings reads, “God, heal the parts of me that don’t want to be healed.” You also write, “I accept the unacceptable parts of myself.” Explain those two statements.
5. You say, “I am seldom angry about what I think I am angry about.” I thought most of us know why we’re angry. What do you mean?
6. One of your statements reads, “When we respond to God to guide us through our superior mode, we don’t make mistakes; when we listen to our inferior mode, we often fail.” What do you mean by superior mode and inferior mode?
7. I was struck by your statement, “My negative feelings are emotions; my negative feelings are not reality.” Why do you make such a distinction between feelings and reality?
8. “Obedience is required; understanding is optional.” How is this applicable in everyday life?
9. You believe that your job isn’t to solve others’ problems. Isn’t that what we’re supposed to do for those who come to us for help?
10. Tell us one or two significant things you’ve learned about God and about yourself through these writings.
11. You confess to dealing with a number of faults. How long did it take you to come to grips with them and accept that God’s grace would cover them?
12. If you had to choose one of your sayings as your favorite, which would you choose and why?