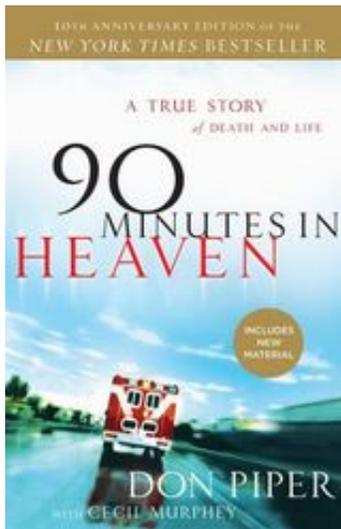




*Cecil Murphey*  
 WRITER \* SPEAKER \* TEACHER \* SURVIVOR 



Heaven continues to be a popular topic. *90 Minutes in Heaven* is back on the *New York Times* bestseller list in two categories.



Kathi Macias presented the Lifetime Literary Award to Cec

## Regime Change

I was a driven man. But worse, I didn't realize I was one of those compulsive overachievers. I constantly took on more work, tried to work faster, and pushed away needed sleep.

When people commented on my energy, I smiled. When they complimented me on the number of books I had written, I glowed.

Then I grew tired of the pace. That's also when I realized my primary compulsion has been to prove I was worthwhile.

"I need a regime change."

For several months I had been aware of the driving force, but nothing happened until I felt pressured between two important book projects, one of which I had agreed to write in seven weeks.

Under the old regime, I'd have accomplished everything and thrived on the rush. But the pressures I once considered normal no longer satisfied.

My friend David Morgan encouraged me to incite an emotional coup d'état—a takeover—and install a new regime. For perhaps six months, I struggled to overthrow the old system.

"Help me, Lord," I cried out. "I don't want to live this way." I promised God and myself not to be caught up again in the frenzied lifestyle.

It's working, and I'm learning to love and respect myself and no longer need to prove anything. I didn't like the person the old regime had made me into; I do like the person I'm becoming.

I'm still working hard (as well as getting plenty of rest and enjoying my life). What I do now comes out of genuine pleasure and not an obsessive need to accomplish more. However, if you examine my daily habits, the output appears to be the same. The motivation comes from what I think the Bible means by a "renewed mind."

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**| yourself that does it."**

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***We don't change because we need to;  
we change because we have to.***



Cec and his author friend Ginger Garrett were at Barnes and Noble in Atlanta for a book signing. They also spoke about how to break into publishing.



Deborah Thompson (middle) joins Cec and Ginger Garrett at Barnes and Noble in Atlanta.



While in California to speak at two conferences in April, Cec joined author friends Kathy Ide, B. J. Taylor, and Sharon Elliott for a book signing event at Family Christian in Santa Ana.



[Website](#)



The pictures above are from the Orange County Christian Writers Conference--on the left with Peter Lundell, in the middle with Maxine Marsolini, and on the right with Kathi Macias, accepting an award.

### **The Twila Zone:** **Words from My** **Assistant, Twila** **Belk**

We're delighted that [90](#)  
[Minutes in Heaven](#) is  
back on the *New York*

### **Personal News**

- I've scheduled only one trip this month. From May 29–31 I'll attend the BookExpoAmerica in New York City.
- For three Sundays I'll teach the progressive Sunday school class at Clairmont Presbyterian Church in Decatur, GA.
- Bobby Davis, pastor of a dynamic church in Tennessee, will come here for me to help him write a new book.
- June starts my busy season, including speaking at [Glory Reelz Film Festival](#) in Detroit followed by preaching at Graham Church in Laingsburg, MI.
- I'm scheduled to teach at the [Cedar Falls \(Iowa\) Christian Writers Workshop](#), conduct a wedding during that time, and preach at a local church on Sunday. While there, I'll connect with Jerry Thordsen, whom I've known since second grade.
- I'll attend the annual International Christian Retail Show in Atlanta—and for the first time, I have no interviews or book signings scheduled.

[Blog for Writers](#)

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[Twitter](#)

[Facebook - Cecil Murphey, Author/Speaker](#)

[Facebook - Cec and Me, with Cecil Murphey and Twila Belk](#)

[Facebook - Twila Belk, The Gotta Tell Somebody Gal](#)

[Twila's Website](#)

[Twila's Email](#)

**Times** bestseller list in two spots, ranking #7 on the e-book best sellers and #16 on the combined print & e-book best sellers. The 10th anniversary edition of the book will release this summer.



Cec had a big surprise at the Orange County Christian Writers

Conference last weekend when Kathi Macias presented him with the Lifetime Literary Award. What a nice honor!

Are you part of a book club, or do you enjoy learning about new books? Check out the [Book Club Network](#) and their [Book Fun Magazine](#). Cec's articles appear in the April through August issues, and the August magazine will feature him on the cover.

Cec has a busy schedule the next few months, but he has a few openings toward fall and winter for speaking opportunities. He enjoys preaching, keynoting, teaching, and speaking in a variety of settings. His many topics include sexual abuse, recovery, grief, caregiving, significant living, writing, prayer, and spiritual growth. [Contact me](#) if you'd like to schedule him. I'm happy to answer your questions and help facilitate the details.

Did you know the royalties Cec receives from his book sales go into a nonprofit account that provides scholarships to writers? You can help by writing reviews of your favorite Cec Murphey books and recommending his books to others.

I look forward to teaching and doing one-on-one appointments at the [Colorado Christian Writers Conference](#) in Estes Park May 14-17. If you're there, please find me and say hi.

Gotta Tell Somebody, Inc. | 5672 Appleton Road | Bettendorf, IA 52722

