



FOR IMMEDIATE RELEASE

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WOMEN, RICE AND BEANS IN RHINEBECK, N.Y. What Brazilian rice and beans can do for women who are overwhelmed with their daily life?

Book Launch on Saturday, October 29, 2016

Expect lots of women, rice, beans and a new book!

At Liberty Public House, 6417 Montgomery Street, Rhinebeck NY
12:00 PM – 2:00 PM

About the book:

In her first book “Women, Rice and Beans – Ten Wisdoms of a Brazilian Mother for Daily Easy Flow and Conscious Living”, Brazilian teacher and author Ana Barreto shares her experiences of spending her childhood in Brazil before coming to the United States and then traveling back to her home country to care for her ailing mother.

In this inspirational self-help guide, she shares with the readers intimate heartfelt stories and the wisdom learned from those experiences. Each chapter contains simple exercises or an easy guided meditation to help the readers discover the wisdoms in their own life.

Using feng shui principles and ten wisdoms (or affirmations), Barreto guides women in gaining energy, letting go of negativity, and finding joy and balance in their daily lives. In fact, the title stands for women and everyday life, as “rice and beans” are a daily part of the Brazilian culture and cuisine.

About the Author:

Ana Barreto is a professional and personal development teacher living in upstate New York. Growing up in a strict home in Brazil inspired her to come to the United States and fight for women’s rights from a young age.

Like many women, Ana was a stressed-out working mom for many years. She felt as if she couldn’t devote enough time to her children or to her career. Using the organic management approach to life allowed her to change. She studied feng shui, Buddhism, and books by philosophers. Read more at www.ana-barreto.com.

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