

The logo consists of a solid green square with the letters "S.P.A." in white, bold, sans-serif font centered within it.

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Contact: Leisa Barger

lbarger@gracesinc.com

214.415.0999

DISCOVERY OF METHODOLOGY LEADS TO BOOK

How Four Women from Texas found Inspiration and Peace in the Presence of Strangers

Plano, Texas (November 15, 2010) - On a cold day in December, 1996 in Dallas, Texas, four women gathered in the living room of one of their homes unsure of why they were meeting. They were not close friends. They had little in common. At least that's what they thought. But they were wrong. They were all searching for something. And what they were about to encounter, changed their lives forever.

The Graces, otherwise known as Leisa Barger, Kathy Hansen, Fran Piegari and Eugenia Robbins, are all Texas women with different upbringings and personal stories, and under normal circumstances, would have never bonded. But miraculously, 14 years ago, their lives intersected. Since their unintended meeting in 1996, they became known collectively as The Graces, developed a registered methodology called The S.P.A. Approach® and published a book, Journey To Grace 40 - Day Devotional & Journal on their heartfelt and oftentimes raw stories of life experiences. They believe the reason for their uninterrupted years of friendship, as well as their personal growth and success, is attributed to the methodology they created and practiced over the past 20 plus years.

The S.P.A. Approach defined means Scripture, Prayer & Accountability in a small group setting. It teaches and inspires women to move forward through adversity, persecution, or alienation by reaching a maturity in faith - whatever their race, color, creed or circumstances. While the movement is rooted in Christianity, S.P.A. has sparked the interest of women from a variety of backgrounds, due to its ability to provide a structured and consistent approach to creating better life choices, instilling confidence and making rationale decisions in work, marriage, parenting, and friendships - all leading to greater peace and productivity.

Graces Inc.

15950 Dallas Parkway, Suite 400
Dallas, TX 75248

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www.gracesinc.com

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"This is one of the more inspiring collections of real-life short stories I have read in a long time, said Lynne Matallana, a public speaker and author from Newport Beach, California who has followed The Graces for many years. Women are fast becoming a driving influence in major decisions impacting our economies, politics, families and communities, as well as world issues in general, and they need to become grounded in authentic faith, which leads to better decision - making, and ultimately impacts society as a whole, she said." Matallana herself knows the agony of alienation and rejection after being ostracized for years by the medical community regarding what she later learned was a life altering disease impacting over 10 million women in the United States called Fibromyalgia. Subsequently, she became the first woman in 1997 to found a national nonprofit organization, the National Fibromyalgia Association (FMaware.org), which lobbied for congressional funding for medical research, helped educate the public about the disease through media awareness, and created the "Leaders Against Pain Coalition" which helped to remove the stigma behind the disorder in their local communities. Matallana serves as Founder and President of the now international organization and acting editor-in-chief of Fibromyalgia AWARE, the first and only national FM consumer magazine. She recently released the second edition of her book, The Complete Idiots Guide to Fibromyalgia which is available on amazon.com.

"I believe the Graces have truly hit on a practical, yet profound approach that can motivate women to learn how to stay completed rooted not only mentally, emotionally and spiritually, but as leaders in business as well," said Gail Duke, who is a real estate executive for a high profile company in New York. "Women have become an integral part of what goes on in America and the world today, and a steady, focused mind on the guiding principles of Scripture, Prayer and Accountability are imperative," she said. "I always hoped The Graces would put a collection of their stories in writing to help other women realize the impact of becoming disciplined in this approach, and their new book, Journey to Grace 40 - Day Devotional & Journal is a brief glimpse of how the methodology completely changed their lives. They have hundreds more to tell, and I hope they keep writing, because I believe other women who embrace S.P.A. will have changed lives as well," Duke stated.

Journey to Grace 40 - Day Devotional & Journal took the authors 4 years to complete, and the book is now available on amazon.com or at their website, www.gracesinc.com. Leisa Barger, Kathy Hansen, Fran Piegari, and Eugenia Robbins can be reached for comment at www.gracesinc.com or 214.415.0999 and more on their story can be found at <http://gracesinc.com/how-did-graces-inc-begin>.

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