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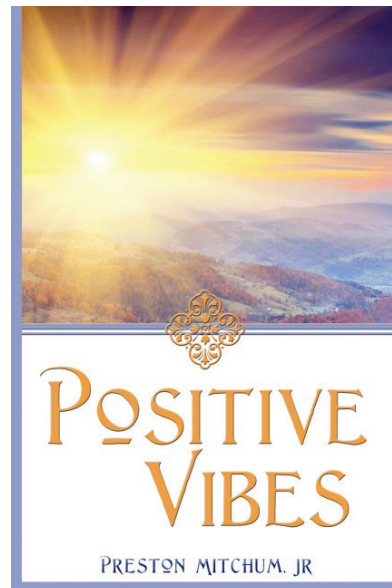
## **A Positive Change is Coming** *Inspiring others through Positive Vibes*

**Silver Spring, Maryland** – If you glance through the window, you'll see a man diligently working to run his late father's lawn care business, yet to talk with Mitchum, you discover a deeper intellectual who's primary goal in life is to help others. This was the motivation behind the book, "*Positive Vibes*".

Always smiling, Mitchum leads his inspirational life by example; as the founder of the PMJ Foundation, a non-profit organization designed to create change in the Baltimore community. Its vision is to impact families through programs and services that offer positive growth. Through this program, Mitchum has seen, first-hand, how positivity can impact the lives of others. With this in mind, Mitchum began sharing his messages to his social media followers, and the responses he received were, well, positive! So much so, that a small press publisher began pursuing him. "We felt so strongly in Preston's message, desire to inspire and uplifting life's story, we decided to back him all of the way."

"This book is not a devotional." While there are bits of scripture sprinkled throughout, the primary message is to inspire the reader to focus on the positive aspects of their lives. Some of the messages you'll find in this book are:

- The Importance of Connection
- Peace in the Midst of Struggle
- Changing Your Perspective
- The Direction of Forgiveness
- The Chance to Make a Difference
- Your Moment is Now



Designed as a daily devotional, *Positive Vibes* will transform your life with a renewed mind and refreshing perspective to smile in the face of adversity. We all have a journey to travel. The question is, "are you living your best life?" Find out in this encouraging book by new author, Preston Mitchum, Jr. published by Erin Go Bragh Publishing of Canyon Lake, Texas.

A portion of the proceeds of this book will support the programs that the PMJ Foundation offers. This book is available at Amazon and everywhere books are sold online.

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