

By LARRY PHILLIPS • Daily Leader Liberal's clinical psychologist Dr. Laura Noblejas has moved into the second round of an international contest with a book she has written describing her lengthy battle with depression and anorexia.



Noblejas is now in the Top 271 authors in the worldwide contest sponsored by Hampton Roads Publishing Co. The contest is "The Next Top Spiritual Author Competition." "I was one of 271 authors to advance to Round No. 2 out of 2,800 author entries from all over the world," Noblejas said Tuesday. "Thanks to my many family, friends and fans – and I thank them all from the bottom of my heart for helping me to advance to Round 2 – as the competition was very stiff. Since the public vote accounted for 75 percent of the voting outcome in Round 1, I really owe it to my voters for the miracle that I have advanced onto Round 2, so thank you."

The rest of the voting outcome was based on another author's assessment of her pitch, or 25 percent of the voting outcome.

"Anyway, the voting for Round No. 2 opened Monday and runs through through June 28th at midnight Pacific time," she said. "And voters will be able to read my book proposal, which contains, one, a brief description about my book; two, an outline of my book; three, an author biography and four, what makes my book unique from others in its genre, and the fifth part is Chapter 1 of my book.

"While it seems like a lot to read, I would recommend if you want to read only the highlights to skip all the way down to the very end in the Book Proposal and just read the part titled "What Makes My Book Unique or Different," then open up the other document and read Chapter 1," Noblejas added.

Noblejas, who has worked at Southwest Guidance Center for four years now, is offering prize chances for those individuals who go to the official Web site to vote for her: www.nexttopauthor.com. To go directly to her entry, type in her name, Noblejas, or her I.D. No. 1199.

Voters can also get to the Web site by visiting her blog at <http://spiritualselfhelpbook.com>.

"This is how the voting outcome is set up for Round No. 2," Noblejas explained. "25 percent is based on the public's vote; 25 percent is based on a vote from the sponsor, Hampton Roads

Publishing staff; and 50 percent is based on a “panel of experts” in the genre of new thought/spirituality. So this time, the emphasis is on content and writing ability, so that the Next Top Spiritual Author is really that, and not a popularity contest.”

Noblejas, who is originally from the Washington D.C. area, said recently of her book that she explains many complicated principles of her healing by using examples from her life to illustrate the concepts and demonstrate how they have changed her life and even her approach to psychotherapy.

“I believe my clients feel, above all, loved, or in more clinical terms – unconditionally, positively regarded,” she said. “I struggled with depression almost my entire life, and although I took the ‘scenic route’ – meaning the longer path, I still realized my dream of becoming a licensed clinical psychologist with the intent of helping others.”

Now she’s hoping to become a world-renowned spiritual author, and the help she’s looking for is from her community.