

freedom

GRADED **F** FOR
OVERCOMING DEPRESSION FEAR STRESS

MEDIA CONTACT

Handberry & Associates

Kimberly Barker

khandberry@hotmail.com

FOR IMMEDIATE RELEASE

May 19, 2017

Graded F for Freedom

Smyrna, GA - Onesimus Williams has released a new book titled, "Graded F for Freedom." This captivating book explores behavioral patterns, coping mechanisms and response triggers adopted in human behavior to cope with life. A roadmap is provided on how to realign one's life to synchronize with healthy solutions that will result in a transformative outcome of living and getting the grade 'F' for freedom.

Onesimus shares how grading is nothing new in our society, "From our first schooling experience at the age of five, there is a perpetual experience of being graded. We are constantly being graded by others, but what happens when we start grading ourselves? What happens when we classify ourselves, set parameters on our limits, and determine future outcomes based on past actions?"

We live in a society that is inundated with stressors, labels and challenges that have impacted us in varying degrees. Many times, we have not truly assessed the impact these various entities have made on how we process and respond in our day to day relationships. In an effort to maintain an image of freedom and success to those in our concentric circles of relationships, we can become overwhelmed under the weight of wearing a mask that portrays the appearance of something that isn't our true reality. "Stop asking God for next until you learn how to fix now," says Onesimus.

This type of existence creates tension between the image we portray and the real image we privately struggle to heal, manage and maintain. Where do we turn to for help? How do we press through the pain and experience true victory? How do we change our grade to 'F' for freedom? This and so much more is answered in the new book release, "Graded F for Freedom" by Onesimus Williams.

Onesimus Williams is a pastor, entrepreneur, consultant and visual designer. He is passionate about helping people live the highest calling and truest expression of who God has destined them to be in life. Onesimus has dedicated his life to bringing truth and light to those who have a desire to break free from limitations, both spiritually and naturally. He believes that the Word of God has the power to transform lives in a way that transcends any other entity or force.

For more information and media inquiries, contact Kimberly Barker at khandberry@hotmail.com or for book review copies visit www.onesimuswilliams.com.

###