



Gregory J. Bowens, Renaissance Unity Prayer Chaplain
Author: *I Choose Happiness - A 30 Day Guide to Living Well*

Greg Bowens is a writer, philosopher, and public relations professional. His book, *I Choose Happiness – A 30 Day Guide to Living Well*, was created to help people who have decided to be happy, learn how to maintain their happiness despite circumstances.

Greg was inspired while first serving in the Unity movement as a prayer chaplain at Renaissance Unity now located in Royal Oak, MI. There he created the *I Choose Happiness* fan page on Facebook where his messages of hope reached over 200,000 people living in 44 countries.

Greg teaches people how to master moment to moment living. His approach is based on more than 10 years of study and application in the art of affirmative prayer, meditation, and happiness - all based on Unity principles. He believes living in happiness is a powerful pathway to experiencing our oneness with God and the heaven within every day.

Greg is a graduate of Detroit's Cass Technical High School. He received his B.A. in English from Wayne State University. A former journalist, he has covered business and politics for national publications including *Automotive News*, *BusinessWeek Magazine*, the *Congressional Quarterly Magazine*, and *The Detroit News*. Greg established his PR firm, Bowens & Co. after serving as mayoral press secretary in Detroit in 2001.

Today, Greg Bowens continues to carry his message of joyful living wherever he is invited - homeless shelters, commencement exercises, church services, public gatherings, and business functions. He strives to help people reach beyond circumstances and achieve more by helping them focus on the good while channeling the power of faith and love to live more fully in the moment.

Greg's also a student at Unity Urban Ministerial School. He continues to serve as a prayer chaplain at Renaissance Unity where he leads morning meditations online as part of the service once or twice a month. He also serves as one of the chaplains for the Wayne County Sheriff's Office. So come get positive with Greg by following him on Facebook where he posts daily. You can also purchase a copy of *I Choose Happiness – A 30 Day Guide to Living Well* and start your own 30-day journey on the road to maintaining your own happiness and a deeper relationship with the divine.