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*"We Can Sit Back and Watch as the World Goes By
Or We Can Find Opportunities to Make it Better!"*



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Cathy Harris Releases New E-book and Launches "Campaign to Elect Honest Politicians"

Cathy Harris, Empowerment and Motivational Speaker, Health and Wellness Expert and author of 13 self-help books is releasing a new e-book **"Politics 101: How To Win Your Political Seat"** along with launching a new campaign **"Campaign to Elect Honest Politicians."** This is the third campaign Cathy has launched over the past few months in order to educate, inform and empower the community. The other campaigns **"National Non-GMO Health Movement"** and **"Let's Read Campaign"**-- have been very successful in educating the public.

The cost of the e-book is \$4.99 and is available in the Amazon Kindle Store at <http://www.amazon.com/dp/B0087GA82Y#>. Kindle books can be purchased in their Amazon Kindle Stores for use with the Amazon Kindle, Kindle Cloud Reader, and Kindle Applications for PC, Mac, iPhone, iPad, Android, BlackBerry, and Windows Phone 7.

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<http://www.amazon.com/gp/feature.html/?docId=1000493771>.

As a business owner, community organizer and advocate, Cathy spent tiredness years working in the community in Atlanta, GA and nationally when she became a nationally recognized whistleblower **"The Cathy Harris Story"** (www.TheCathyHarrisStory.com).

As a former prison advocate and after being absent from political activism to work on building a successful business, Cathy feels this is the year for her to get back involved and help educate the community on just how much power they really have. Her goal with the release of the new book and the campaign is to educate the community on how politics really work and that they have the power to remove bad politicians out of office and elect good ones who truly speak for the people.

The number one issue that most people don't understand is that if there is an issue that has them hopping mad and if they can do a better job than the people who represent them –then they just should not sit there but help fix the problem by running for office.

For instance, the prison industrial complex is big business and a new form of slavery. Prisons feed the construction companies, architectural firms, white prison guards, etc. Many prisoners are moved to smaller cities and then counted by the Census.gov as part of that area --which is illegal --but this is how those areas get extra funding for their communities.

Another reason for the massive incarceration rate in this country is that the people being jailed are not part of the political system. They don't vote and are not knowledgeable about issues in the community. People don't understand if they were wrongfully jailed and not convicted of a crime, they can still vote! We need to introduce legislation in every state to allow felons to vote. We need aggressive campaigns to register voters especially felons.

A few years back Cathy was asked to run for the Congress and the Senate as both a 'Democrat' and 'Republican' even though she never had any political aspirations. As a business owner, community organizer and advocate, she feels it's her job to assist others who she thinks would do a good job.

Many people are not a big fan of the political season but they need to realize it's here and right in our faces so we have to deal with it whether we want to or not. It's going to take both political and economic empowerment to change the community. Whether you are a veteran politician running for office or someone just starting out – Cathy's book has all the ins and outs of how politics really work and how to win your political seat -- while you uplift, educate, and empower your community.

Cathy Harris is available for lectures, seminars, and workshops at <http://www.cathyharrisspeaks.com/SeminarsandWorkshops.html> and can be contacted through her company, Angels Press, Cathy Harris, CEO, President and Publisher, P.O. Box 5288, Atlanta, GA 31107, Office: (770) 873-2072, Website: <http://www.AngelsPress.com>, Email: info@AngelsPress.com.