

FOR IMMEDIATE RELEASE

Spirituality 1.2, a sequel by the bestselling author that brought us Spirituality 101

In less than two years, Dr. Iván Figueroa-Otero pens a memorable update to his acclaimed spiritual guide.

Bestselling author Ivan Figueroa-Otero, MD surprises us with an updated version of his very successful first book, Spirituality 101. Relying again on his unique insight as a scientist and a spiritual researcher with a heavy religious upbringing, he developed a guide to help our understanding of concepts like self-identity, our origins and our purpose in life. With "Spirituality 1.2; For The Disconnected From The School Of Life – A Tekkie Guide", he now explains it all using a technological approach that bridges the "tekkie" world with the world of spiritual research with an eclectic and original delivery.

San Juan, PR - April 2015 – After the success of his first book, Dr. Figueroa-Otero wanted to ensure that his message could reach young readers and those who immerse themselves in the world of computers and internet. He incorporated technological words and concepts into his philosophical guide for understanding our spiritual nature. The result, Spirituality 1.2; For The Disconnected From The School Of Life, is a deliciously funny, tongue-in-cheek version of his work, where every concept, idea, image and advice is carefully defined with technological elements like virtual domains, bits, and RAM. Like its predecessor, this book includes graphs, caricatures, exercises and even a final test. The author plans to continue the series until it reaches seven guides altogether.

The original book, Spirituality 101: For the Dropouts of the School of Life, was a long time dream of Dr. Ivan Figueroa-Otero, a retired Pediatric Surgeon. A year after self-publishing his book, Dr. Figueroa-Otero reaps the rewards in the public recognition awarded by three prestigious international organizations: a finalist at the 2014 National Indie Excellence Awards for self-published books, one of the only two awardees in the Religion/Philosophy Non-Fiction category of the 2014 Reader's Favorites, and a finalist at the USA Best Book Awards 2014. Its cover won the Inspirational Book Cover Poll by Storyfinds. It was favorably reviewed by Focus on Women magazine and Kirkus Book Review, among others. The book is still a bestseller in local bookstores, remaining among the 10 best sellers in the category of Spirituality.

"In the School Of Life there are no grades or organized curriculum. Everyone comes to learn and progress in specific areas, and your lessons are structured by your daily life. It's as if the curriculum were created while you learn. Imagine our Universe as a big computer, where the quality of its computation is directly proportional to the quality of the input data. And where every programming error is reversible and re-programmable, with a little bit of patience!" says Dr. Figueroa-Otero.

Dr. Figueroa-Otero is a self-publishing author. Spirituality 101 was published and distributed worldwide as of January, 2014, and is available in print and electronic formats. Spirituality 1.2 will be published in May, 2015.

About the Author: Retired from the practice of pediatric surgery, Dr. Figueroa Otero is currently engaged in his private practice in San Juan, Puerto Rico and continues in his role as an educator, trying to achieve full integration of traditional Chinese acupuncture courses in the curriculum of medical schools and to incorporate meditation techniques in preventive and therapeutic medicine.

For more information about Spirituality 101 or Spirituality 1.2 please visit: www.ivanfigueroaoteromd.com.

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