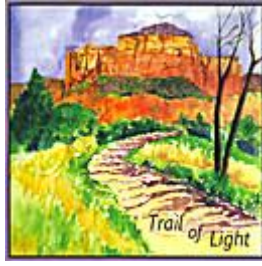


# Mp3 Gracie Vandiver & Friends - Trail Of Light



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Inspired songs from award-winning songwriters reflecting the journey from alcoholism and addiction to a new life in recovery. 15 MP3 Songs NEW AGE: Self-Help, NEW AGE: Spiritual Show all album songs: Trail Of Light Songs Details: There is an old saying: Where words fail, music speaks. Recovery Music speaks to the deepest corners of our hearts. It holds up the mirror of experience, gently whispering, I've been there, and I'm not there anymore. The collection of songs on Trail of Light reflect the journey from alcoholism and addiction to a new life in recovery. The first twelve songs lyrically address the emotional twists and turns on the path, reflecting "What it was like," "What happened," and "What it's like now." The fifteen-song journey concludes with "A vision for you," offering songs of hope and inspiration to maintain solid footing in day-to-day recovery. Trail of Light was produced for Note To Self Recordings by SunlightOfTheSpirit.com's Founder, Gracie Vandiver, and was released on September 4, 2007, coinciding with National Recovery Month. In addition to six songs penned by Vandiver, the compilation includes music from a variety of talented artists and award-winning songwriters such as Paul Williams, Mary Gauthier, Jon Vezner, Jack Sundrud, and Sharon Vaughn, offering many different vocal styles and musical genres. Vandiver took the stage, debuting music from Trail of Light for recovery community professionals during the annual Association For Addiction Professionals (NAADAC) conference on September 8, 2007 at Nashville's Renaissance Hotel. She continues to pass along the gifts she has received in recovery through sharing her personal story and performing songs about her journey.

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A Note From Gracie Vandiver My wish for you is that this CD will find its way into your spiritual toolkit to remind you that you're not alone. And I hope that alcohol and drug treatment centers will continue to create opportunities to share the gifts of these songs with the many hearts they are helping on their journey in sobriety. With deepest gratitude, -Gracie

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"I was, and after 25 listenings, am still blown away by the power of these songs and the intensity of the intimate insight, humor and courage that the writers and performers have with both their addiction and recovery. Everyone I've shared this CD with has immediately found their 'own song' that has grabbed them and not let go. Thank you for your willingness to share yourself and your whole story for the world to heal with." - Kathryn Benson, LADC, NCAC II, QSAP, QCS "In only three minutes, a song can cut through all the mental chatter and open up our senses. Anyone in recovery will recognize the struggles and victories, large and small, in these stories. A real treasure." - Kathy Mattea, Award-Winning Recording Artist "Whether in recovery or not, listening to Trail of Light offers us a chance to rid remorse and guilt from our past, to feel genuine gratitude for the gift of today, and to look towards our future with humble trust one day at a time." - Jane Marzoni, Founder Director of Soul Spring Retreat for Women "Listening to 'Trail of Light' brought tears to my eyes. Someone understands!" - Cathy J. 3 years sober "The stories in these fifteen inspired songs excellently capture real life, taking listeners through the addiction experience and into the renewed freedom of recovery and healing." - Debbie Carroll, LCSW Executive Director, MusiCares

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Gracie Vandiver is the founder of Sunlight of the Spirit Music, an Internet store exclusively selling CDs from artists in recovery - - all kinds of CDs and all kinds of recovery. She produces the Sober Caf Podcast, with each show highlighting a different artist who has music available through Sunlight of the Spirit Music's store. Gracie's songs have also been recorded by several of her co-writers, including award-winning writers Jerry Vandiver (yes, we know he's her husband but they weren't married when he recorded his CD!) and Jon Vezner (you probably would recognize him if we told you he wrote "Where've You Been," which was a hit for Kathy Mattea). Her songs are included on the Sounds of Serenity CDs, Volumes One and Two, and are in heavy rotation on 12StepRadio.com. When she's not writing, performing or sleeping, Gracie heads up Mother Knows Best Media, generating publicity for her roster of independent artists and record labels.

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