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THE JOURNEY OF THE HEART

A philosophical
tale of courage,
freedom,
and love



"BEAUTIFUL...
A timeless yet modern tale of
discovery, hope and, most
importantly, the heart."
Dwayne Hill, award-winning
actor, screenwriter, producer

ANNA CLEY

Author: Anna Cley

Print ISBN: 978-1-950712434

Paperback: \$12.95

Kindle: \$6.95

Pages: 108

Publisher: AlyBlue Media LLC

Press Release

Media Contact

Diane Carnevale Jones | Carnevale Jones Group LLC
diane@cjonesgroup.com | 616-446-6833

Opera Singer Shares a Tale of Transformation in Her Debut Book, “The Journey of the Heart”

May 11, 2021 – New York, NY – Throughout her life, Anna Cley has been many things—a rocket scientist, a professional opera singer, and now, an author. Transformative artist Cley is proud to announce the release of her first book, *The Journey of the Heart*, on June 8, 2021. The Kindle version will be available on May 11.

A fusion of *The Little Prince* and *The Alchemist*, *The Journey of the Heart* is a philosophical tale heavily influenced by Cley’s travels and personal transformation. “Everyone should feel confident enough to own their true self and follow the calling of their heart,” says Cley. “We have a choice to embrace the unique light and presence we were born with. Our happiness depends on it, and so does the happiness of the world.”

Illustrated by Cley, *The Journey of the Heart* is a fictional yet universal story of overcoming obstacles and self-discovery where true freedom and true love live. “Through this novel, I wish to share a message of hope and courage,” says Cley. “May it become the great companion of young and old alike who remain hesitant to take a leap of faith.”

Strongly encouraged to study engineering, Anna became a rocket scientist in Paris, with clients including the French space agency. Despite a promising career, Cley felt unfulfilled. Craving for personal growth and a meaningful existence, she made the bold move to leave her field and return to music. Two years later, she left for North America with a suitcase and a backpack. This is when her real journey began.

Developing her beautiful mezzo-soprano voice since her adolescence, Cley discovered through opera singing the greatest healer of all. “I was an introverted, shy and clumsy girl. Opera singing allowed me to cry my pain through the songs of opera, a pain I could not express otherwise. I’m so grateful I had my music. My musical journey taught me how to own my presence, and dare to be alive.”

The tale and its two main characters, Unique and Mylandra, came to Cley in a vision while traveling through Canada one snowy winter. In order to escape a fractured past in search of a better destiny, both Mylandra and Unique leave their families and set out alone to follow the calling in their heart. Traveling through strange lands, they encounter different challenges that require nothing more than courage and determination to solve. The tale inspires readers to experience challenges as only part of life rather than destiny. Readers of all ages will be moved and inspired by the intimate, tender, and loving nature of Cley’s writing.

Since leaving her native France, Cley has appeared on the stage of Carnegie Hall and held a title role in *Carmen*. She also founded the nonprofit Vocalise to empower children and young adults who suffered physical or psychological trauma. Now expecting her first child, Cley continues to be driven by a passion to inspire and empower others. “By sharing my own personal journey where I dared to believe in myself and follow my dreams, I hope to empower others to be courageous, connect to something greater than themselves, and take their leap of faith one step at a time.”

“Anna Cley’s *The Journey of the Heart* is a sweet and poignant story showcasing the importance of transformation, self-love, and the discovery of one’s gifts,” states Shajen Joy Aziz, award-winning international best-selling author of *The Gift*.

Featuring Cley’s own illustrations, the Kindle version of *The Journey of the Heart* is slated to be released May 11, 2021. A companion song written and sung by Cley along with a guided meditation will be released with the paperback on June 8. Published by AlyBlue Media, the book is 108 pages in length and retails for \$12.95.

To learn more about Anna Cley, please click [here](#). To keep up with Cley, follow her on Instagram, YouTube, Medium, and Facebook and visit her website at www.TheJourneyOfTheHeart.com and www.AnnaCley.com.

Author Bio

ANNA CLEY

Anna Cley is a transformative artist, opera singer, and artistic director who is passionate about growth, empowerment and transcendence. She believes that individuals who overcome their limiting beliefs and dare to follow their heart can find true happiness and freedom, allowing them to care more for others and to make the world a better place.

Cley's work revolves around daring to be, and daring to become. She rejoices in a meaningful lifestyle and in co-creating a better world for tomorrow. She creates soothing music, inspiring content and empowering courses for old and young alike.

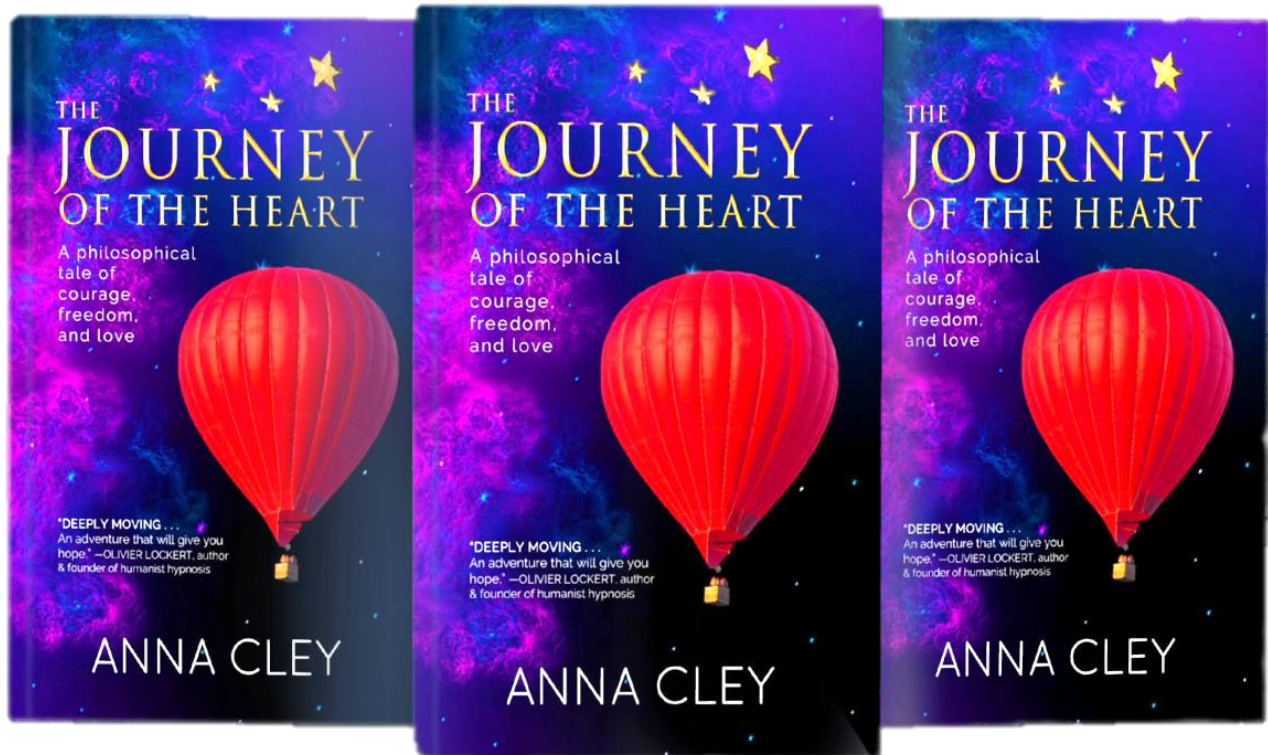
A native of France, Cley has performed on the stage of Carnegie Hall and in the title role of Carmen, after a successful career in rocket science. Driven by her spiritual quest, she fosters a strong relationship with nature and wildlife.



In search for meaning and her place in the world, Cley developed an eagerness for astrophysics as a child. The same sense of service for humanity pushed her in recent years to create the nonprofit Vocalise, seeking to empower those who experienced trauma. She has a certification in hypnosis with a particular interest in humanist hypnosis.

Mylandra, Unique, and *The Journey of the Heart* appeared to Cley in a vision while she traveled through Canada alone one snowy winter. It took her almost seven years to shape and finish the story. The song and accompanying meditation can be found at thejourneyoftheheart.com.

Book Bio



Retail Price: \$12.95 | ISBN: 978-1-950712-43-4 | Pages 108 | AlyBlue Media LLC

From floating boxes to lifesaving riddles to an enlightened mirror, *The Journey of the Heart* is a magical tale of two souls who are courageously determined to find a better fate than the one they were born into.

Along the way, they learn that their past does not determine their future, and the heart is the best guide of all.

Celebrating the universal statement that our own truth is the best treasure of all, *The Journey of the Heart* is a beautiful reminder that no matter into what circumstances we're born, our future is ours to write. Authored and illustrated by transformative artist Anna Cley, *The Journey of the Heart* inspires children and adults alike to look beyond their own circumstances and bravely seek what they rightfully deserve—happiness, fulfillment and, of course, love.

Testimonials



“SWEET AND POIGNANT . . .

A poignant story showcasing the importance of transformation, self-love, and the discovery of one’s gifts.”

Shajen Joy Aziz

Award-winning author of *The Gift*

“EXTRAORDINARY . . .

The author takes the reader by hand in a journey that explores the meanderings of the psyche and the heart.”

Joseph Fraia

Chief editor, Livein Magazine



“GREAT READ . . .

Good life lessons is infinitely woven into this book. Highly recommended for a great read.”

Tess Cacciatore

Award-winning producer of GWEN TV

“BEAUTIFUL . . .

A beautifully illustrated timeless yet modern tale of discovery, hope and, most importantly, the heart.”

Dwayne Hill, award-winning actor, screenwriter, producer

“THE HUMAN SPIRIT . . .

Anna Cley’s debut is a testament to the magic of tale and the human spirit.”

Abby Freireich, Columnist and co-author of *Taking the Stress Out of Homework*

“DEEPLY MOVING . . .

An adventure that will give you hope.”

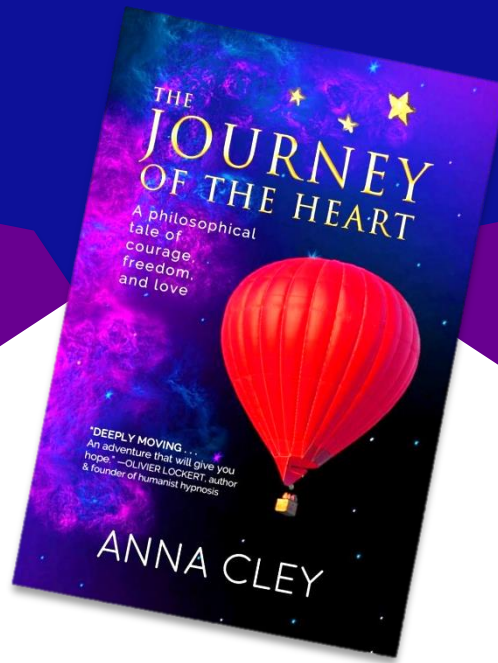
Olivier Lockert, author, founder of humanist hypnosis

“MAGICAL AND INSPIRATIONAL . . .

The Journey of the Heart is a magical and inspirational tale. It reveals the universal truths, and offers the insight to go from feeling unloved to feeling loved.”

Linda Olson, Clinical psychological, founder of My Hope Bear

Book



Excerpt

Chapter 2: The World of Hopes

Mylandra dreamed of freedom and communion. She read books to escape inside the tales. She drew to meld with the pencils that slid gracefully on the paper. Music carried her through lavender fields and above the clouds.



She escaped in the stories she imagined for her cat friend. She closed her eyes, and in her mind, she escaped high up in the sky where she could fly through the soft universe and become one with the stars.

One day, in her inner world, Mylandra found a secret door that opened to beautiful gardens with lush green grass, colorful birds singing, trees dancing with the winds, and the sun smiling. It felt so real, she could feel the warmth of the sun caressing her skin.

Mylandra felt comforted by the gentle presence of the sun. And when she opened her eyes still sitting in her box, she could still feel the sun smiling in her heart. The World of Hopes was born.

THE VISION WAS SO STRONG THAT
MYLANDRA WONDERED IF IT WAS REAL OR IF IT WAS A DREAM.

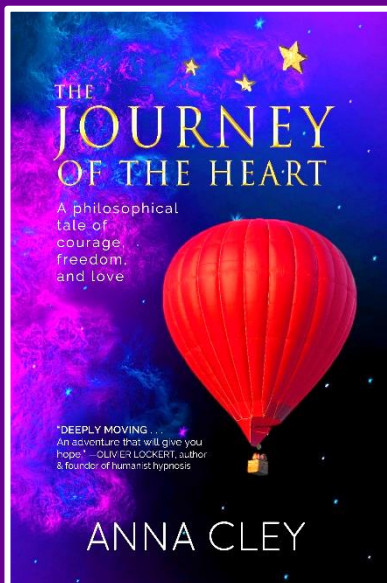
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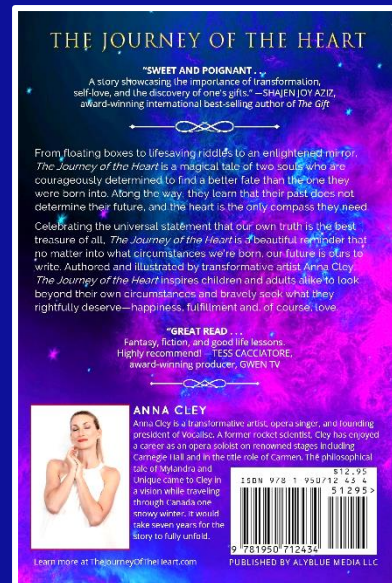
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Anna Cley



Email: annacley@live.com

Website: TheJourneyoftheHeart.com

Facebook: Facebook.com/voiceontherocks

Instagram: Instagram.com/thejourneyoftheheart