



FOR IMMEDIATE RELEASE:

June 20th, 2016, Chicago, IL – *Thought Notebook Journal* based in Chicago, IL, will be releasing their fifth issue this summer, after recently winning multiple awards for Indie Publishing.

Each issue of *Thought Notebook Journal* has a specific focus; the fifth is titled *Anatomy of Illumination* and studied the insights humanity has and the experiences that get us there. Literary and visual artists from around the world explore moments when something which was not yet known to them is revealed. Artists from US cities like Chicago and Portland, to Ireland and Morocco – globally come together to bring the theme of the issue to life through a unique intersection of the written word and visual art. The columns in each issue are an output of the thought patterns that arise from researching the issue's theme, putting on display observations from the study.

Kat Lahr, Editor and Creative Director for *Thought Collection Publishing* says "In this study we found that there is a tremendous amount of insight that humans get from interaction with our fellow human beings and that certain people come in and out of our lives for a reason. We also observed that sometimes revelations and epiphanies come quickly and are immediately felt, while others are slow lessons learned from reflection on experiences of our past."

Each issue features an artist interview, and in this issue, journalist and performance artist Robert Eric Shoemaker reflects on a personal 30-day journey that resulted in his new book *30 Days Dry*.

Thought Notebook Journal recently won multiple awards for Indie Publishing, including the eLit Book Awards, Next Generation Indie Book Awards in Anthology, Science, Ebook Nonfiction & New Age categories in 2015, and Finalist in the Philosophy category of the Indie Excellence Awards for 2016.

Issues are available digitally for \$2.99 and in print for \$22.99. Ten percent of every sale gets donated to social change organizations, each issue supporting a different one.

<http://thoughtnotebook.org/journal-issues.html>

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***Thought Notebook Journal* is based on a true story: humanity's story.**