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For Immediate Release
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Releasing May 2009 New Feature-Length Documentary and Book, entitled **THE COMPASS** Hopes to Lead Us All on a Personal Journey of Transformation

In May, wellness and personal development expert, **Dr. John Spencer Ellis**, will release a book and a feature-length documentary of the same name, entitled ***The Compass***.

“What is ***The Compass***? It’s about YOU.” Says John Spencer Ellis, “It’s about discovering what moves you, what inspires you and what mark you will make on the world. ***The Compass*** gives you the guidance to go from where you are to where you want to be.”

After 20 years of studying human achievement and helping people attain their ultimate goals, John Spencer Ellis thought about what he could do to make a bigger difference in more peoples’ lives, not just physically and mentally—but from all perspectives.

“After many contemplative hikes throughout the foothills of Orange County, California, it became clear to me that a feature-length documentary film and novel were the answer,” adds Ellis. “One of the big challenges I had to face was how to tell the story with a universal appeal—for all belief systems—and I also wanted to offer practical skills and action steps to guide people to live their dreams. That’s how ***The Compass*** documentary and novel were born.” To tell the story, Ellis turned to his friends and his bookshelves. He thought about who inspired him, taught him and whom he most admired; and from that wish list, the world’s leading experts on success, fulfillment and abundance signed on. The best-of-the-best eagerly agreed to be a part of this global movement of change in thought.

ABOUT THE FEATURE-LENGTH DOCUMENTARY FILM - DVD 2 DISC SET:

The Compass (Distributed by FremantleMedia; May 5, 2009; \$29.97; UPC: 8-81837-00223-4), created by **John Spencer Ellis**, is a documentary film that tells the story of a journey through life, featuring the world’s leading authorities on personal success who demonstrate the importance of vision and clear thought. As an added bonus, the viewer will be treated to four dynamic individuals—including many core cast members from *The Secret*—such as, **John Assaraf** and **Joe Vitale**. Along with John Spencer Ellis, other experts including **Tami Walsh**, **Tony Jeary**, **Kelli Calabrese**, **Kelli Ellis** and **Dr. Robi Ludwig** are featured in the project.

Disc 2 of the 2 DVD Set Includes Several Extras: *Behind the Scenes* footage of the making of ***The Compass*** movie as well as *The Teen Compass*, *The Balanced Compass*, *Additional Expert Footage*, *Bloopers*, *Outtakes* and more.

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ABOUT THE BOOK:

The Compass, (Vanguard Press; May 5, 2009; ISBN: 978-159315-542-1; \$23.95; Hardcover), by **Dr. John Spencer Ellis** and **Tammy Kling**, is a life transformation parable that guides the reader through his or her own personal journey of self-discovery. At the core of ***The Compass*** are specific life lessons— understanding who you really are in order to live your destiny, and understanding your role and connectedness to the world. Set during the aftermath of a terrible tragedy, the book takes readers on the eye-opening, worldwide journey of protagonist, Jonathan, as he discovers his true meaning, connectedness, and purpose.

Dr. John Spencer Ellis is the CEO of National Exercise & Sports Trainers Association (NESTA), the Spencer Institute for Life Coaching, and the Get America Fit Foundation. He is on the Advisory Boards of the National Health, Wellness and Prevention Congress, and Exercise TV among many others.

Tammy Kling is a renowned author and literary coach to the world's leading CEO's, celebrities and writers. Her work has been featured in *The New York Times*, *Wall Street Journal*, Dateline NBC, Extra and Primetime. The clarity of her life's purpose is to write books that change lives.

John Spencer Ellis, along with co-author Tammy Kling, and a core group of experts from the documentary, will be available for TV, radio, and print opportunities in May. To view the trailer of *The Compass* click on: www.youtube.com/compassmovie. To receive a screener of the trailer and/or a galley of the book, please call or email Justin Loeber 212-260-7576; Media.MouthPublicRelations.com.

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