

FOR IMMEDIATE RELEASE:

PainPathways' Fall Cover, Maya Angelou, Receives 2013 National Book Award

WINSTON-SALEM, North Carolina – October 2, 2013. The fall issue of *PainPathways* features poet, author and humanitarian Maya Angelou, who shares her story of physical and emotional pain. Dr. Angelou says even in the depths of pain, she chooses joy. “Each of us can make choices; we’re not blown around willy-nilly,” says Angelou. “I will always choose joy...”

In September, the 85-year-old author of *I Know Why the Caged Bird Sings* and more than 20 other works received her first award for literature, the Literarian Award, an honorary National Book Award for contributions to the literary community. Dr. Angelou has also received three Grammys for Best Spoken Word album, a National Medal of Arts and the Presidential Medal of Freedom, the country’s highest civilian honor.

“Dr. Angelou’s body of work transcends the words on the page,” the book foundation’s executive director, Harold Augenbraum, said in a statement. “She has been on the front lines of history and the fight for social justice and decade after decade remains a symbol of the redemptive power of literature in the contemporary world.”

To read Dr. Angelou’s feature in *PainPathways* click [here](#), or visit www.painpathways.org.

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