



“DAILY GUMBO FOR THE SOUL”

**Marie A. Bookman
cooks up a recipe
for inspiration
in her latest book**

Breakthru Media Staff Report

Anyone who has ever made or eaten a bowl of gumbo knows that it’s a combination of ingredients that starts with a roux and is added to from there. In New Orleans and south Louisiana, the analogy is often used to describe other things that fit the definition of this combination.

The analogy is fitting for the title of prolific author and poet Marie A. Bookman’s latest book, “Daily Gumbo for the Soul-Meditations,” a veritable “gumbo” of original inspirational meditations for each day of the year. Her hope, as she described it in the book’s introduction, “is that the book’s daily messages touch the readers’ souls and help them move through each day with joy, positivity and love.

“Daily Gumbo for the Soul’ is just that,” she said. “Meditations that are hopefully inspirational and hopefully restorative for some who may be going through daily challenges. And given the times we’re living in now I’m noticing a lot more people who are under duress. They’re stressed, not knowing what to expect in the future for themselves and their children.

“And so I just sort of needed this for myself as well, as a mother, as someone who is striving daily to make sure that I maintain my inner peace. In doing so, I wanted to share with others.”

As a mother, civil trial attorney, former Magistrate Commissioner in Orleans Parish Criminal District Court and former Adjunct Professor at Tulane University School of Law, Marie knows the local culture and she draws on it for inspiration.

A New Orleans native, Marie was raised in the Uptown area and she always enjoyed writing. As a teenager she wrote poetry and even fantasized about being a fiction writer. She attended Loyola University where she had first aspired to be a doctor. That changed when Marie realized how much she loved writing and changed her major to English.

Marie ended up studying law and received her Juris Doctorate from Loyola School of Law. She loved law school and loved practicing law even more. However, as her career took off there was little time for creativity and writing. Writing took a backseat until there was no other outlet for any pain she experienced except for writing.



But then along came Hurricane Katrina and its aftermath and the tragedy inspired Marie to write again. She self-published “Breach of My Heart,” a collection of poetry that not only dealt with the aftermath and rebuilding, but of her own mind, body and soul as well. Her own home had been destroyed and she was able to rent a shotgun home in the Uptown area. It was there where she turned to writing after spending the days trying to put together the ruins of her beloved hometown.

Day after day she wrote and described what she was feeling. “All of a sudden, I looked up and I had written lots of poetry and prose around Katrina and the effects it had. It was as if I was feeling the resounding souls of the community, the elderly people who left it and all the others who had passed on,” said Marie. The city was vibrant and spiritually alive. It was just in me to write and write. So, that’s what I did.”

“Straight from My Heart” was her second book that focused on the importance of family, friendships and spirituality. Marie describes the book as “a soulful journey

with expressions of truth, love, loss and all that embodies life through the poetry in it. It is about allowing our inner voice to form a relationship with our outer voice, so that we can improve our relationships with our loved ones.”

Marie’s powerful poems were written about in The Times Picayune, The Louisiana Weekly and other online publications.

Fast forwarding to the present, by the end of 2024 all of the selfless giving had left Marie exhausted. She knew she was yearning for something more. The energies leading up to that time were focused on her successful career and concentrating on her son’s journey through college.

“I realized I needed to get back to the things I loved, beginning with writing and being creative again. I also knew that I needed to center myself and allow my soul to reconnect with the universe through meditation and yoga,” says Marie.

Once Marie was able to do that the idea for “Daily Gumbo for the Soul-Meditations” was born. Marie stressed that

the messages for the book “flowed through her like water on a fountain.” Once she began writing she could not stop.

Marie felt at peace as her mind, body and spirit allowed the magic to be created so that she could share with others.

As she succinctly stated, “I’m thinking that, in this day and age, people are not always honest. And sometimes they’re not even realizing that they’re not honest or that their words matter. And so when you speak words it has power.

“You have to be attentive and mindful of what you’re saying and be truthful in what you’re saying because there are people who take you at your word. There are people who are motivated by your word and move according to your word. And so I think that all that is important as well,” she concluded.

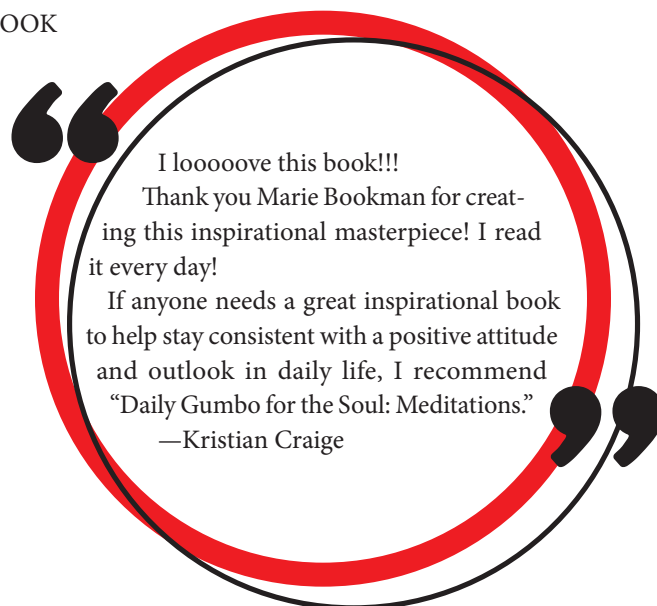
Marie A. Bookman's "Daily Gumbo for the Soul-Meditations" can be ordered online through Amazon at <https://www.amazon.com/DAILY-GUMBO-SOUL-Marie-Bookman/dp/B0DS2725H4>. Kindle version is \$7.99 and paperback is \$15.95.



"Daily Gumbo for the Soul offers us meaningful cues on how to be our best selves. Marie Bookman’s insightful words give us active ways to help change our daily behaviors, build new habits, and see the world more positively and BE the change we want to see in the world. Anyone who has enjoyed a good bowl of gumbo knows the feeling of nourishment and comfort it provides. Daily Gumbo does exactly that for our mind and soul." —JR Balthazar, Author

REVIEWS:

WHAT READERS ARE SAYING ABOUT THE BOOK



I loooooove this book!!!
Thank you Marie Bookman for creating this inspirational masterpiece! I read it every day!
If anyone needs a great inspirational book to help stay consistent with a positive attitude and outlook in daily life, I recommend “Daily Gumbo for the Soul: Meditations.”
—Kristian Craige

Marie Bookman 'Daily Gumbo for the Soul' Book Signing



Marie Bookman



Jack Major and Marie Bookman



Linda Aubert and Marie Bookman



Sharon Martin and Marie Bookman



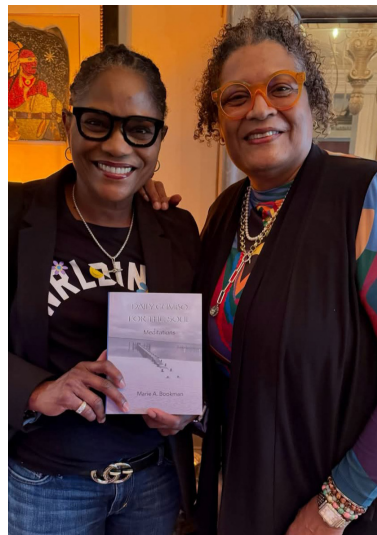
Judge Ellen Hazeur and Marie Bookman



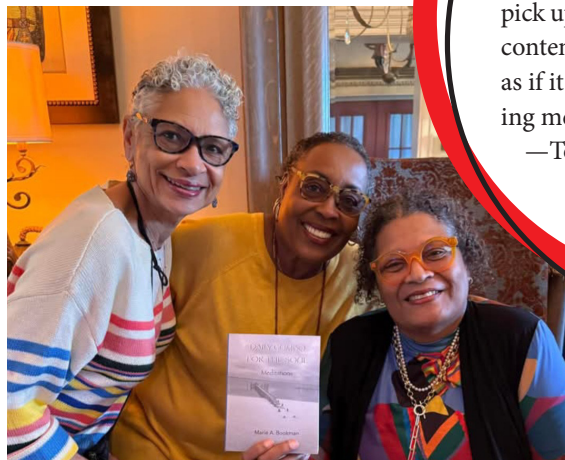
Marie Bookman with her son Wryght and Jamie R. Balthazar



Adonis Exposé and Marie Bookman



Judge Paula A. Brown and Marie Bookman



Phyllis Johnson, Tommy Myrick, and Marie Bookman

“ Oftentimes when I rise, I think to myself . . . “Now What . . . ?” Then I pick up Marie’s book and read in silent contemplation the message of the day; as if it were a whisper in my ear guiding me throughout the day.
—Tommye Myrick

PHOTOS BY JAMIE R. BALTHAZAR

“ Anyone who knows me is familiar with my life’s journeys, growth and evolution.

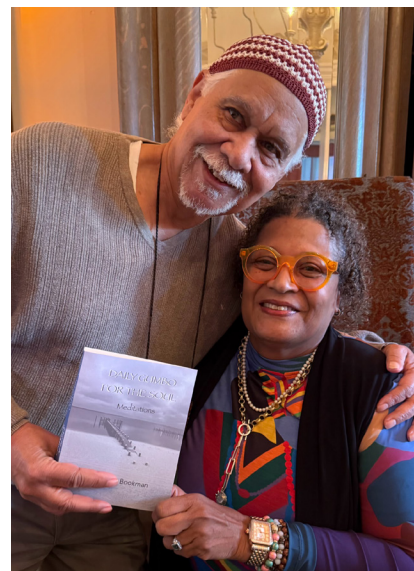
Years ago I became extremely protective of my peace and the energy I allow to enter that realm. So I surround myself with positivity and people who reflect those qualities and that spread joy and light. One of those folks is Marie Bookman, an attorney friend, author and retired magistrate from New Orleans.

Marie is always so positive in her quirky way and constantly smiles and laughs. . . . I absolutely love the energy. I am so proud of you Lady and look forward to bookmarking each day with your inspiration and gumbo for the soul. Congratulations!”

—Toi Rickett Elliott



Marie Bookman with AKA - (l. to r.) Shana Wright, Dr. Danette O'Neal (who is also an Author and Realtor) and Candes Carter



Photographer, Ted Quant and Marie Bookman



Marie with Women with a Vision Director, Deon Haywood (holding the book) and Co-Director, Dr. Shaquita Borden (behind her) and their staff



Lyndell Harness and Marie Bookman



Chef Bunny and Marie Bookman



(Musician) Kristian Craige and Marie Bookman



School Board Rep. Leila Eames and Marie Bookman

“ Judge Marie A. Bookman has just released her beautiful new book, “Daily Gumbo for the Soul: Meditations.” I’ve already purchased it on Kindle and am loving it! This collection of meditations and affirmations is the perfect way to start your day and align your mind. It’s clear that Marie poured her heart and soul into this book and it shows in every word. I highly recommend it to anyone looking for inspiration and spiritual grounding. You can find it now on Amazon. Support this heartfelt work and get your copy today.

—Okyeame Gene Haley