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**Debut Author Denny Hanrahan Releases *Plan Be: 7 Be-Attitudes for Walking with God in Complete Trust and Freedom***

*Over a decade in the making, Hanrahan’s first book seeks to cultivate a*

*spirit of “Being Before Doing”*

**DALLAS, Texas***-* May 4, 2023 - Denny Hanrahan has released his first book, *Plan Be: 7 Be-Attitudes for Walking with God in Complete Trust and Freedom*. Hanrahan seeks to help readers develop an intimate relationship with God while finding peace and fulfillment in their lives.

The book cites Hanrahan's personal experiences after many years in a high-stress, performance-based career. After leaving his job and feeling unmoored, Hanrahan began to formulate a new way of living and thinking — complete trust and freedom in God's plan. “Plan Be” offers readers seven Be-Attitudes — each attribute featuring the word “Be” within it — to assist them in pivoting from a high-stress and achievement-focused mindset to one that truly brings peace, love, and joy.

"I want readers to take away the message that we don’t have to worry because God has our back," says Hanrahan. "The book offers a way to reconsider our inclination to continually climb our culture’s ladder of winning and success. Rather, we should first simply *be* with the Lord and develop intimacy with Him, which then prepares us to go out into the world and *do*.”

“Plan Be” is the culmination of more than ten years of introspection and journaling by Hanrahan. Ultimately, the book was designed to be a quiet time companion, providing readers with a framework for developing a meaningful relationship with God. It aims to support people of all ages and stages of their faith, particularly those questioning their purpose and seeking guidance.

"Through the seven Be-Attitudes in the book, readers can prepare themselves to go out into the world with a renewed sense of purpose,” says Hanrahan. “I hope readers will be inspired to apply the principles to their daily lives and walk with God in complete trust and freedom."

*Plan Be: 7 Be-Attitudes for Walking with God in Complete Trust and Freedom* is available now on Amazon and other major booksellers. For more information about Denny Hanrahan and his debut book, visit [www.plan-be-book.com](http://www.plan-be-book.com).

**About Denny Hanrahan**

Denny Hanrahan has been a believer in Christ for more than four decades and navigated management in the business world for over 25 years. Through many trials and triumphs, he has continually sought answers from the Lord on how best to live and lead. Years of “thinking through his pen” resulted in stacks of journals and led to his desire to share the peace and joy he learned in them with others. **For more information, please visit** [**www.plan-be-book.com**](http://www.plan-be-book.com)**.**

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