



Empowering Audiences: Bank On It Entertainment's Impact

Description

Bank On It Entertainment Helps People with Guordan Banks' New Single and Book: *Healing Phase* Celebrating Mental Health Awareness Month

Los Angeles, CA, May 02, 2025 (GLOBE NEWSWIRE) -- In May, which is Mental Health Awareness Month, [Bank On It Entertainment](#) announces a new song by **Guordan Banks**. The song is called *Healing Phase*. He also has a new book, *The Healing Phase: Recovering from Past Relationships to Be Your Best for What's Next*. This book helps readers heal and find better relationships.

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Healing Phase Artwork

Guordan Banks is famous for his song **"Keep You In Mind."** He is back with *Healing Phase*, a song about strength and growth.

"*Healing Phase is more than just music,*" says Guordan Banks. "*It is about healing and thinking about ourselves.*"

The book includes exercises to help readers learn about love and healing. To listen to the new song, visit SoundCloud: [Healing Phase - SoundCloud](#).

For questions or interviews, please contact:

Helen Alston

Email: bankonitmusic@gmail.com



Healing Phase

Guordan Banks

Vocabulary List:

1. **Healing** /'hi:.liŋ/ (noun): The process of making or becoming sound or healthy again.
2. **Relationships** /rɪ'leɪ.ʃən.ʃɪps/ (noun): The way in which two or more people or groups regard and behave toward each other.
3. **Strength** /streŋkθ/ (noun): The quality or state of being strong in particular the ability to withstand or exert great force.
4. **Growth** /grɔ:θ/ (noun): The process of increasing in physical size or the development of a person mentally or emotionally.
5. **Awareness** /ə'weɪnəs/ (noun): Knowledge or perception of a situation or fact.
6. **Exercises** /'ek.sə.r.saɪz.ɪz/ (noun): Activities requiring physical effort carried out to sustain or improve health and fitness.

Comprehension Questions

Multiple Choice

1. What is the title of Guordan Banks' new song?
Option: Healing Phase
Option: Keep You In Mind
Option: Love and Healing
Option: Strength and Growth
2. What is the focus of Guordan Banks' book, "The Healing Phase: Recovering from Past Relationships to Be Your Best for What's Next"?
Option: Healthy Cooking
Option: Financial Planning
Option: Healing from Past Relationships
Option: Building a Successful Career
3. Which month is recognized as Mental Health Awareness Month?
Option: May
Option: December
Option: August



Option: October

4. What does Guordan Banks describe his music "Healing Phase" as?

- Option: Just Entertainment
- Option: About Healing and Self-reflection
- Option: Political Statement
- Option: Dance Party Anthem

5. Where can listeners find Guordan Banks' new song "Healing Phase"?

- Option: Spotify
- Option: iTunes
- Option: SoundCloud
- Option: YouTube

6. Who can be contacted for questions or interviews regarding Guordan Banks?

- Option: Guordan Banks
- Option: Helen Alston
- Option: Bank On It Entertainment
- Option: SoundCloud Support

True-False

7. Guordan Banks' new book focuses on helping readers heal and find better relationships.

8. The song "Healing Phase" is solely about entertainment and has no deeper meaning.

9. Guordan Banks is a well-known artist for his song "Heal Your Heart."

10. Mental Health Awareness Month is celebrated in April.

11. The book "The Healing Phase: Recovering from Past Relationships to Be Your Best for What's Next" is only available in digital format.

12. Helen Alston can be reached at bankonitmusic@gmail.com for inquiries related to Guordan Banks.

Gap-Fill



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14. In the book, readers can find exercises to learn about love and _____ .
15. The song "Keep You In Mind" is performed by _____ Banks.
16. Guordan Banks released a new song titled "Healing Phase" to coincide with _____ Awareness Month.
17. Listeners can access Guordan Banks' new song "Healing Phase" on the platform _____ .
18. The overall theme of "Healing Phase" by Guordan Banks revolves around personal _____ and growth.

Answer

Multiple Choice: 1. Healing Phase 2. Healing from Past Relationships 3. May 4. About Healing and Self-reflection 5. SoundCloud 6. Helen Alston

True-False: 7. True 8. False 9. False 10. False 11. False 12. True

Gap-Fill: 14. healing 15. Guordan 16. Mental Health 17. SoundCloud 18. strength

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What industry involves activities that provide amusement or enjoyment for people?
- Option: A. Education
Option: B. Healthcare
Option: C. Entertainment
Option: D. Construction
2. What term refers to the income generated from business activities?
- Option: A. Profit
Option: B. Revenue
Option: C. Investment
Option: D. Liability



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3. What term describes the unauthorized use or reproduction of someone else's work?
- Option: A. Originality
 - Option: B. Creativity
 - Option: C. Piracy
 - Option: D. Innovation
4. What process involves the restoration of health or well-being?
- Option: A. Destruction
 - Option: B. Healing
 - Option: C. Decaying
 - Option: D. Collapse
5. What term refers to the ease of reaching or using something?
- Option: A. Isolation
 - Option: B. Accessibility
 - Option: C. Complexity
 - Option: D. Confusion
6. What term means being limited to only a specific group or individual?
- Option: A. Public
 - Option: B. Inclusive
 - Option: C. Exclusive
 - Option: D. Common
7. Which term describes the process of increasing in size or developing?
- Option: A. Decline
 - Option: B. Regression
 - Option: C. Stagnation
 - Option: D. Growth
8. What term refers to the power to influence or direct people's behavior or course of events?
- Option: A. Freedom
 - Option: B. Influence
 - Option: C. Control
 - Option: D. Chaos
9. What trait describes the ability to recover quickly from difficulties?
- Option: A. Fragility
 - Option: B. Delicacy
 - Option: C. Resilience
 - Option: D. Weakness



10. What term refers to something that is created or manufactured?

- Option: A. Borrowed
- Option: B. Produced
- Option: C. Shared
- Option: D. Returned

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. The company is facing challenges due to _____ revenues this quarter.

12. Smart _____ can lead to significant returns in the long term.

13. Regular exercise can help improve physical _____.

14. Educational campaigns aim to raise _____ about important social issues.

15. To stay healthy one must engage in regular physical _____.

16. A minimum of five years of experience is _____ for this position.

17. Please provide your _____ address for shipping purposes.

18. Each product must have a clear _____ indicating its contents.

19. The meeting time was _____ by the organizer.

20. The new play will premiere at the local _____ next month.

21. Life is a _____ with many ups and downs.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

22. Multiplexes are modern cinemas with multiple screens showing different movies simultaneously.
23. Building strong and healthy relationships is important for personal well-being.
24. Physical strength is essential for carrying out daily tasks with ease.
25. The Chronicles of Narnia is a popular fantasy book series written by C.S. Lewis.



26. The movie was directed by a renowned filmmaker who brought the story to life.
27. The travel dates were confirmed by the airline via email.
28. Every good story needs a compelling villain to challenge the hero.
29. The VIP lounge offers exclusive services to privileged members only.
30. The critically acclaimed album was produced by a talented music producer.
31. During times of crisis strong leadership and decisive actions are crucial.

Answer

Multiple Choice: 1. C. Entertainment 2. B. Revenue 3. C. Piracy 4. B. Healing 5. B. Accessibility 6. C. Exclusive 7. D. Growth 8. C. Control 9. C. Resilience 10. B. Produced

Gap-Fill: 11. declining 12. investments 13. strength 14. awareness 15. exercises 16. required 17. postal 18. label 19. confirmed 20. theater 21. journey

Matching sentence: 1. Multiplexes 2. Relationships 3. Strength 4. Chronicles 5. Directed 6. Confirmed 7. Villain 8. Exclusive 9. Produced 10. Crisis

CATEGORY

1. Entertainment - LEVEL1

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