

# Live In the Moment

by

Julie Clark Robinson



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Personal Growth/Psychology

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## **Stop Letting Life Smack You Around!**

Fresh, funny, and blatantly honest, *Live in the Moment* (ISBN: 1-58270-123-7, 160 pp, \$13.95, October 2004) by Julie Clark Robinson, holds the secret to harnessing happiness. It's "The Power of Now" for the masses, accessible and bubbling over with *joi de vive*. This book enthusiastically encourages readers to kick up their heels and seize each day with gusto, even on those days when life smacks you around. So, if you're willing to lighten up one minute, dig deep the next, and be painstakingly honest throughout, you will come out with a newfound sense of fulfillment!

It's difficult to find a practical book about creating one's own life experiences but *Live in the Moment* fills that void. It is geared for those times when we simply need to stop allowing life's ups and downs to dictate how we feel and look to ourselves to set a more positive tone. Happiness can be created; it's not merely bestowed upon us like good hair or evenly descending toes. By learning to find the magic in each moment, you can put your demons in their place and ensure that what you have left is the joy of living-moment to moment, day by day.

In good times and bad, Julie Clark Robinson has always been able to look at her life with the "half full" attitude of a person who overflows with personal joy. In her twenty-year writing career, Robinson's experience has ranged from writing advertising copy to essays and articles in nationally distributed magazines. She has also written copy for billboards using only five to seven carefully chosen words meant to grab attention from stressed-out motorists traveling at seventy miles per hour. For high-profile clients such as Taco Bell, Time Warner Cable, Victoria's Secret, Kay Jewelers, Limited TOO, Highlights for Children, Frigidaire, and Princess Cruises, she has written radio commercials, TV spots, magazine and newspaper ads, Web pages, and direct mail pieces.

Robinson is now a contributor to *Family Circle*, *Bride's Magazine*, *The Cleveland Plain Dealer Sunday Magazine*, the best-selling series *Cup of Comfort for Women* (Adam's Media), and *Chocolate for Women* (Simon & Schuster's Fireside Books). In 2002, Adam's Media awarded her the Grand Prize for her piece "On Turning 40." Robinson lives in Ohio with her husband and two children.