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Media Contact:

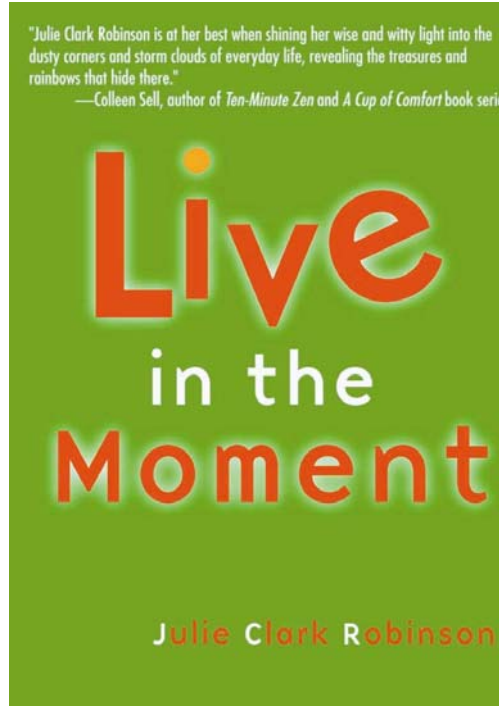
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Suggested Reading:

Chapter 3

Would You Wear Wallpaper?

Surround Yourself Only with People
Who Make You Feel Good

Chapter 10

**Put Yourself Smack in the Middle
of the Dream**

(Visualizing the Life You Want Might
Just Get You There.)

Chapter 6

**The Apple Can Fall as Far from the
Tree as It Sees Fit**

(The Only Thing You Can Change about
Your Family Is You.)

Celebrate July, Live in the Moment Style!

Summer time and the living's easy, right? Here are a few ways that Live in the Moment can help your audience be even more carefree this month:

Anti-Boredom Month – July

"Be not solitary, be not idle" Robinson uses a quote from Robert Burton in encouraging people to dig deep in the process of identifying their own happiness cues. Why? She believes knowing what we need, and don't need, in order to be happy helps us take action whenever we don't feel inspired to live an incredible life.

Toss Away the "Could Haves" and "Should Haves" Day – July 16

This day was created so that we can all let go of the past and live in the present. Through Live in the Moment, readers will learn to: let family history be "history", let go of the kind of old relationships that no longer are a good fit for today, and look forward to the kind of life you want to create for yourself by using visualizing it.

In the Introduction Robinson writes, "...happiness can be created...life smacks us around from time to time and how we ultimately deal with that is completely in our hands...Why not make your life a good one starting with today?"

Live in the Moment is more than a book title, it's a compelling interview, a workshop, a presentation and a way of life. For more information visit www.julieclarkrobinson or contact the author at jrobinson@adelphia.net.

Note: All above holidays are according to Chase's Calendar of Events.