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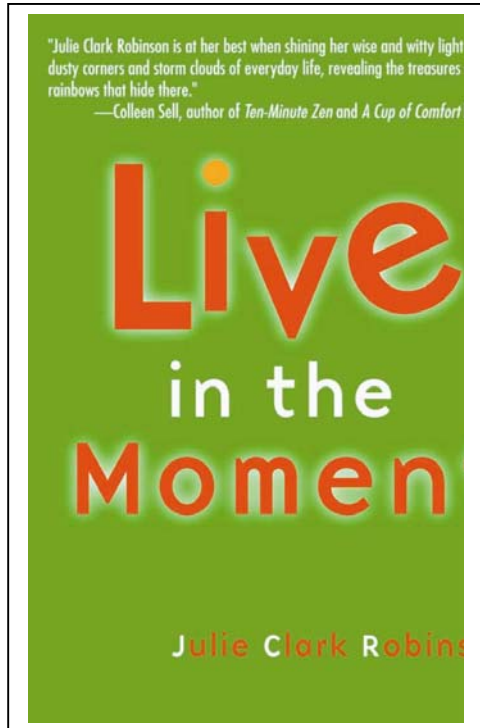
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**Celebrate June,
Live in the Moment Style!**

Chapter 5:

Don't Be the Dog That Yearns for a Pat on the Head

(You Know How to Comfort Yourself, So Do It)

Chapter 7:

Agonize, or Play Make-Believe—It's a Matter of Creativity

(You Can Put a Positive Spin on Almost Anything)

June brings us the warmth of the sun and seemingly endless relaxing evenings. Here are a few ways to let Live in the Moment help your audience find even more joy month:

Upsy Daisy Day – June 8

The day that was created as a reminder for people to get up “gloriously, gratefully and gleefully each morning” (according to Chase's Calendar of Events) is the perfect match to the Live in the Moment message. Author Julie Clark Robinson writes in the Introduction, “Why not make your life a good one starting with today? What you're left with is a series of good moments, which lead to a series of good days and, ultimately, to a good and meaningful life.”

National Splurge Day – June 18

Learning our own “happiness triggers” is a big part of creating a joyful life, Robinson says. Then, once we identify the kinds of things that we navigate toward for pure pleasure – or comfort – she challenges us to indulge in them as often as humanly possible.

Let it Go Day – June 23

This is the day to let go of all that bugs you! According to Robinson, “Irritation is a colossal waste of time—a big, prickly roadblock to finding happiness.” In Chapter 7, Robinson helps her readers to exercise their own “spin muscle” in effort to put their imaginations to use and help us to eliminate whatever it is that bugs us.

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 jcrobinson@adelphia.net

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