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Media Contact: Willy Spizman
The Spizman Agency
770.953.2040
willy@spizmanagency.com

NATIONAL STRESS EXPERT RELEASES NEWEST TITLE
ALTER YOUR LIFE: OVERBOOKED? OVERWORKED? OVERWHELMED?

April 27, 2005 (ATLANTA)—Oak Haven announces the release of Dr. Kathleen Hall’s newest book, *Alter Your Life: Overbooked? Overworked? Overwhelmed?* (Oak Haven, April 2005, \$15.95). The title is available at AlterYourLife.com and Amazon.com.

Stress is the epidemic of the 21st century. More than 70 percent of doctors visits are stress related. Themes like “I just don’t have time” and “I’m exhausted” rule our lives today. *Alter Your Life: Overbooked? Overworked? Overwhelmed?* by Dr. Kathleen Hall is the solution.

Dr. Hall’s “handbook for the overwhelmed” draws on time-honored truths from a wide array of cultures and disciplines to bring us simple practices to restore balance, order, and happiness to our demanding lives. Her approach focuses on teaching self care practices to clients and provides specific steps for living a life of balance from the inside out, resulting in greater physical, mental and spiritual well-being.

Dr. Hall answers such vital questions as:

- How in your busy life of family, career and community do you find time to achieve balance?
- What are the three simple practices for regaining your personal power?
- How can you live a meaningful and intentional life?
- How can you experience more energy?
- What can you do to increase productivity and job satisfaction?

Leading stress management and work-life balance authority Dr. Kathleen Hall, founder and CEO of Alter Your Life, thrives on a vision of teaching corporations and individuals how Live an Intentional Life. Dr. Hall left her life as a financial advisor with a Wall Street firm, and made a radical choice to redefine success on her own terms.

Dr. Hall went on to study with some of the greatest spiritual and medical leaders of our time including President Jimmy Carter, the Dalai Lama, Bishop Desmond Tutu, cardiologist Dr. Dean Ornish, and Dr. Herbert Benson at the Harvard Mind-Body Institute. Dr. Hall earned a Doctorate in Spirituality from Columbia Theological Seminary and has clinical training from Harvard University. Her media credits include Fortune Magazine, Time, Associated Press, The Wall Street Journal, Investor's Business Daily, CNN and she has presented to corporations including The Home Depot, Turner Broadcasting, and Office Depot.

For more information about Dr. Kathleen Hall and *Alter Your Life: Overbooked? Overworked? Overwhelmed?*, please contact Willy Spizman at 770.95.2040 or willy@spizmanagency.com.

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