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EXPERT AUTHOR WINS PRESTIGIOUS LITERARY AWARD

**DR. KATHLEEN HALL EARNS HONORABLE MENTION IN 12TH ANNUAL WRITER'S
DIGEST INTERNATIONAL SELF-PUBLISHING BOOK AWARDS**

April 27, 2005 (ATLANTA)—Dr. Kathleen Hall, author of *Alter Your Life: Overbooked? Overworked? Overwhelmed?* prevailed over more than 2,300 entries to win an honorable mention in the inspirational category of the annual *Writer's Digest* International Self-Publishing Book Awards, the nation's only competition specifically geared towards self-published authors.

Judges remarked that *Alter Your Life* unearthed the roots of our everyday worries and offered simple solutions within easy reach. Dr. Hall's effective blend of personal narratives, combined with a succinct yet poignant writing style evokes inspiration and interest for both the spiritual and mainstream audience. Scoring in the top tier, Hall received 4.5 of five possible points in the three categories: overall structure and organization, grammar and cover design of the book.

Stress is the epidemic of the 21st century. More than 70 percent of doctors visits are stress related. We are overbooked, overworked, and overwhelmed. *Alter Your Life* by Dr. Kathleen Hall is the solution. Her comprehensive studies and years of social research have created the foundation for her approach to what is considered essential "work-life balance." Dr. Hall's unique 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.

In *Alter Your Life: Overbooked? Overworked? Overwhelmed?*, Dr. Hall answers:

- How in your busy life of family, career and community do you find time to achieve balance?
- How can you stop feeling victimized by your life?
- 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 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

HealthWatch and she has presented to corporations including The Home Depot, Turner Broadcasting, and Office Depot.

Writer's Digest, first published in 1920, is the leading magazine for writers.

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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