

Book Reviews

A Life in Balance: Nourishing the Four Roots of True Happiness

AMACOM, January 2006, hardcover \$21.95. ISBN 0-8144-7334-2

“*A Life in Balance* is an easy-to-read, optimistic manual which balances personal anecdotes, brief summaries of scientific research, spiritual pep talks and simple checklists. We’re stressed out and we live in fear. Hall conveys credibility and sincerity as an adviser. Her work is lucid, sincere, and comprehensive.”
—Kirkus Discoveries

“*A Life in Balance* gives us the four roots for attaining lasting happiness. These roots are freshly revealed in understanding, exciting style. This is a complete motivating guide to keep the roots of your life well nourished.” —Mindquest Review

“*A Life in Balance* identifies the four roots for achieving true happiness: serenity, exercise, love, and food. Hall encourages readers to work on those life parts to achieve balance. The wisdom herein is impossible to mistake.” —Forewordmagazine.com

“Kathleen Hall found great success in her life, but had yet to identify a real purpose and meaning to it. Her survey of relationships between mind, body, and spirit result in a guide which blends teachings from the world’s great spiritual thinkers with insights on health and lasting happiness. Chapters discuss how to create and foster calm and serenity in daily life, use exercise to restore health and energy, and understand the impact of food choices on mental and physical well-being.” —Midwest Book Review

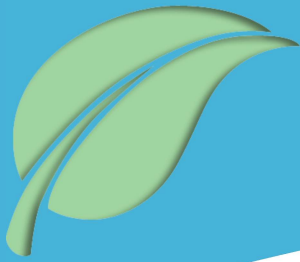
Alter Your Life: Overbooked? Overworked? Overwhelmed?

Oak Haven, April 2005, paperback \$15.95. ISBN 0974542725

“*Alter Your Life* is flawlessly written, well-edited, and the information is presented in a format readers can actually apply to their lives. Blissfully devoid of double-speak, Dr. Hall’s self-help masterpiece is not your mama’s promise-you-the-world-but-give-you-zilch book. Dr. Kathleen Hall has devised a sound, step-by-step, non-dogmatic approach to changing your life without having to surrender all your worldly goods, give up your job, or move to the mountains.” —BookReview.com

“*Alter Your Life* is not your regular self-help inspirational book. It is practical, engaging and powerfully life-changing. The author has walked the walk and talked the talk. Written by a former financial broker who lived joylessly for years, the soul of this book shines throughout the pages, making the reading a breeze. *Alter Your Life* is, indeed, a self-help book of its own class. For once, an enlightened friend has spoken. Thanks, Dr. Hall.” —BookReviewClub.com

“*Alter Your Life* is packed full of easy-to-implement ideas that will improve your daily experiences and shift your perspective to one of intentional living. For anyone who is looking for a change in his or her life, this is the one book you must read. With her simple, but effective approach, Hall will inspire you.”
—ForeWordreviews.com



About Dr. Kathleen Hall



Dr. Kathleen Hall
International Stress and Work Life Balance Expert
Founder & CEO of The Stress Institute

Selection of Interview Topics

- The Most Dangerous Hour of Your Life: Daily Commutes
- Training Your Brain to Be Happy
- Mass Transit Terror: Dealing with Situations Out of Your Control
- Achieving Work-Life Balance
- How Stress Speeds the Aging Process and How to Slow It Down
- Teen Burnout: Symptoms and Simple Solutions
- Exploring the Link Between Stress and Depression
- Back to School Stress-Busters
- Coping with Empty Nest Syndrome: Your Next Chapter in Life
- Secrets for Surviving the Holidays
- Broken Heart Syndrome: Managing Emotional Stress
- Stress Tips Only the Happiest People Know
- Stop Worry in Its Tracks
- Culture of Obesity: Couch Potatoes or Chronically Stressed-Out?

Fields of Expertise: Stress; Work Life Balance; Self-Help; Disaster Aftermath; Depression; Health & Wellness; Relationships; Crisis Management; Family; Mind-Body Medicine; Intentional Living; Motivational & Inspirational Speaking.

Biography

Dr. Kathleen Hall, an internationally recognized author, expert and speaker on stress and work-life balance, is the Founder and CEO of The Stress Institute. Her advice is featured by national print and broadcast media outlets, in many published books, and at Fortune 500 corporate offices. She traded a career with a Wall Street firm to redefine success on her own terms. She has a diverse background of study with medical pioneers including; Dr. Dean Ornish of the Preventive Medicine Research Institute Dr. Herbert Benson of the Harvard Mind/Body Institute, as well as illustrious Nobel Peace Prize recipients, including His Holiness the Dalai Lama, Bishop Desmond Tutu and President Jimmy Carter. Dr. Hall earned a Bachelor of Science in Finance from Jacksonville State University, a Masters of Divinity from Emory University, and a Doctorate in Spirituality from Columbia Theological Seminary. Dr. Hall lives on the ranch with her family rescue animals, and maintains a bird sanctuary near Atlanta, Georgia.

Selection of Media Coverage

NBC's Today Show
ABC News
FOX News
CBS News
Fortune
Redbook
BusinessWeek

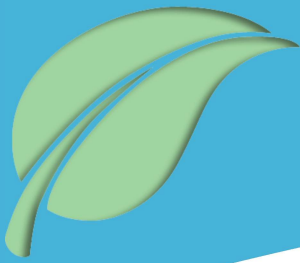
Real Simple
Cosmopolitan
Ladies' Home Journal
Money Magazine
Parents
SELF
Woman's Day

Los Angeles Times
Washington Post
Chicago Tribune
USA Today
Wall Street Journal
Associated Press
ESPN.com

CNN Headline News
Anderson Cooper 360°
Paula Zahn Now
CNN Saturday
CNN International
CNN Radio

- *A Life in Balance: Nourishing the Four Roots of True Happiness* Dr. Kathleen Hall, AMACOM, January 2006, hardcover \$21.95. ISBN 0-8144-7334-2. To order, call 866.831.3594.
- *Alter Your Life: Overbooked? Overworked? Overwhelmed?* Dr. Kathleen Hall, Oak Haven, April 2005, paperback \$15.95. ISBN 0974542725. To order, call 866.831.3594.

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About the Stress Institute

The Stress Institute serves as a center for the collection and dissemination of information on the impact of stress on our lives. Comprised of professionals and prominent physicians in a variety of disciplines, we are interested in exploring the various effects of stress on our mental and physical well being. We maintain a library of information on stress-related topics from research we gather from scientific and lay institutions and from the work of Dr. Kathleen Hall. The Stress Institute does not provide clinical services. We suggest resources and tools that are helpful in the reduction of stress in your life and solutions for work-life balance.

The Stress Institute Staff

Dr. Kathleen Hall, Founder & CEO; James S. Hixon, M.D., Medical Director & CFO; Brittany A. Hixon, M.D., Research Director; Pamela Hayling Hoffman, M.A., Consultant; Donna Andrews, Ph.D., Advisor.

The Stress Institute Course Offerings

*Live An Intentional Life™: Discovering Authentic Work-Life Balance

This course is based on Dr. Hall's book, *Alter Your Life: Overbooked? Overworked? Overwhelmed?* Learn how to A.C.E. your life.

A=Awareness: Discover the extraordinary in the ordinary.

C=Choice: Experience the power of choice.

E=Energy: Realizing your new energy through action.

*Living A Life in Balance™: the Roots of True Happiness

This course is based on Dr. Hall's book, *A Life in Balance: Nourishing the Four Roots of True Happiness*. Discover the four roots of mental and physical health that will reduce the stress in your hectic life and create a life of health, happiness and balance.

The Four Roots of S.E.L.F.™ Care: S=Serenity

E=Exercise

L=Love

F=Food

The School Initiative

Children benefit from learning how stress affects them. They learn simple effective tools to de-stress their lives. These young people learn a specially crafted S.E.L.F.™ care program.

Religious Diversity in a Global Workplace

Our new religious diversity affects the workplace more every day because of mainstream ignorance of other cultures and religions. Education is the key to the accommodation of many religions in the workplace. Employees learn about the seven major world religions. This course enhances tolerance, respect and knowledge in the workplace.

Customize Courses For Your Corporations

- Corporate Wellness Program
- Stress Solutions: Learn simple stress reduction solutions
- Burnout: The symptoms and the cures
- Lighten Up! Weight loss program for mental and physical health of your employees
- Solutions to Health Care Costs
- Reduce sick days and insurance costs and increase health and productivity
- Is Your Glass Half Full? The power of optimism