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AlterYourLife.com Launches New Interactive Website to be #1 Stop for Stress Reduction on the Web

April 27, 2005 (ATLANTA, GA)—Alter Your Life, one of the nation's leading stress management lifestyle companies, announces the launch of two new interactive websites, AlterYourLife.com and DrKathleenHall.com, both of which will provide visitors with multiple new features soon to make these sites the web's top stop for products and education about stress, wellness, and work-life balance.

The launch of the new website coincides with the release of Dr. Kathleen Hall's new book, *Alter Your Life: Overbooked? Overworked? Overwhelmed?* (Oak Haven, April 2005, \$15.95), available at the new websites and at Amazon.com. As a promotion for website visitors, any orders placed through May 15 will receive a complimentary copy of Dr. Hall's *Alter Your Life*.

In addition to user-friendly navigation and high-end design, the new AlterYourLife.com website offers an integrated e-commerce solution for stress reduction and work-life balance gift and product sales as well as health and wellness resources. At DrKathleenHall.com visitors can learn more about expert author Dr. Kathleen Hall, CEO and founder of Alter Your Life, with an intro movie, bio, audio clip, testimonials and a direct portal for questions, further expanding her global impact.

Papugai, an award-winning e-strategies team known for pioneering custom small business e-commerce development, created a completely new website design for Alter Your Life, infused with inspirational quotes and images that evoke virtual tranquility.

About Alter Your Life and Dr. Kathleen Hall

Alter Your Life.com is a lifestyle company offering products and education to encourage stress reduction, work-life balance, wellness and health. Alter Your Life.com is a marketplace where people who wish to live intentional lives can choose from high quality, inspirational products designed especially to help them create work-life balance, stress reduction and health for themselves, their families and their communities.

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 to Live an Intentional Life. Dr. Hall has been featured in the national media including Fortune Magazine, Time, Associated Press, The Wall Street Journal, Investor's Business Daily, CNN HealthWatch and has presented to corporations including The Home Depot, Turner Broadcasting, and Office Depot. Dr. Hall earned a Doctorate in Spirituality from Columbia Theological Seminary and has clinical training from Harvard University.

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

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