

It's Your Life...Choose Well

Choices. We make them all the time. Some are deliberate, made after much consideration (*What type of college should I attend? Can I handle the responsibilities of a child right now? Am I ready to retire?*) while others seem to be made with little thought (*Sure, that jumbo-burger with bacon and cheese is **just** what I want...No, that's not too much to do on vacation...That tattoo will be sooo cool...*).

“Although not everything requires a major decision,” agrees Kathleen Keller Passanisi, PT, CSP, “we might fare better if we gave just a little more thought to those things that, when added all together, have a huge impact on our well-being.” In her new book, **It's Your Life, Choose Well:**

Thoughts on living a happier, healthier, saner life now—not someday (©2004, 1-866-668-3731), Passanisi offers a collection of gentle, mental nudges designed to help anyone make simple, pleasurable choices that will improve their overall health.

As a professional speaker and seasoned health care expert and former “wellness advisor” and radio health columnist for a St. Louis (MO) radio station, Passanisi researched and refined thoughts on numerous aspects of personal health. The advice in her book is divided into the six key dimensions of well-being — physical, mental, emotional, social, vocation, and spiritual. “Dive into the book anywhere and try the suggestions that appeal to you,” encourages Passanisi. “If they make you feel better (which they will), you will be motivated to continue. A happier, healthier, saner life is attainable, but it is up to *you*. After all, when anxiety builds and alert levels go up, it is nice to have control over something—especially something that will make you feel better.”

“No excuses,” teases Passanisi. “Banish the thought that taking care of yourself has to be boring, tasteless, uncomfortable, or otherwise unappealing.” After all, since Passanisi advocates *recess* for adults in the workplace and encourages everyone to celebrate the little things and laugh more, isn't she someone we should listen to?

It's Your Life, Choose Well includes advice on

- Body Image
- Breathing
- Sunshine
- Change
- The “Shoulds”
 - Words
 - Music
- Relaxation
- Sense of Humor
 - Vacations
- Celebrations
 - Service
- Just Say “Yes”
 - Roots
- Body of Work
 - Recess
- Speak Up!
 - Goodwill
- Peace and Quiet
- and much more

Here's a sampling of Passanisi's advice:

A sense of humor. In the long run, it's a lot more beneficial than your sense of style. Unlike the latest designer trends, humor is a natural antidote to stress....Laughter is the easiest, most enjoyable way to get us through life's rocky periods (and it's a lot cheaper than therapy).

Celebrations. The world of the twenty-first century can seem impersonal, rushed, and even scary at times. It's easy to get caught up in the news, the daily grind, or the hassles of the day. Sometimes we need to stop and acknowledge our blessings. Beyond birthdays, anniversaries, etc. why not hold a "puppy shower" for your neighbor's first litter or hit the water park on the first day of summer. After all, isn't the everyday beauty of life cause enough for a celebration?

The "shoulds." Everyday they come upon us like a plague....We interpret them to mean "I must" when, in fact, we mean only that it might be "better" if we did something. We would feel much more relaxed if we just rephrased things. For example, instead of saying "I *should* lose ten pounds," you might say, "I'd *like to* lose a little weight before my daughter's wedding"... So, give a new way of thinking a try (but because you want to—not because you "have to," "need to," or "should.")

Service. What ever happened to "service with a smile?" I think most of us have lost sight of what service meant. We assume that if you serve, you must be a servant. This simply isn't correct. Service purely means doing something for the good of another....Great service is a win/win situation. Why not give it a try?

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For more, see enclosed sample pages.

It's Your Life, Choose Well: Thoughts on living a happier, healthier, saner life now—not someday

by Kathleen Keller Passanisi • 8" x 8" • Blank "Reflection" pages throughout

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It's Your Life... is available at bookstores and gift stores nationwide or by calling toll-free **866-668-3731**.

Please send copies of any review or mention to Movere Publishing, 9 Stone Falcon Court, Lake Saint Louis, MO 63367

To request a review copy of **It's Your Life, Choose Well**, arrange an interview with Kathleen Passanisi, or for any additional information, please contact Kate Bandos at KSB Promotions at 800-304-3269, fax 616-676-0759, or kate@ksbpromotions.com