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EDITIONS
2246 Sixth Street
Berkeley, CA 94710

Contact: Nancy Fish
nfish@cleispress.com
510-845-8000

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Rise to the Occasion of Your Life

Imagine being connected to an infinite source of loving energy and feeling whole, happy and content. Imagine experiencing life as a source of limitless creative possibility. Susyn Reeve contends that all of us have a wellspring of limitless creativity and drive within to achieve that sense of fulfillment. In **THE INSPIRED LIFE: Unleashing your Mind's Capacity for Joy**, publishing in November by Viva Editions, Reeve, with Joan Breiner, offers proven tools to access your inspiration, no matter how deeply buried.

Directed to those of us who need a push to open our minds and hearts to the vast creative potential and possibility alive in each moment, THE INSPIRED LIFE urges readers to wake up from the trance of life on automatic and appreciate what they do have. The book reframes breakdowns as stepping-stones to breakthroughs, with inspiring stories and quotes, practices and exercises to access the power of your mind to live a life truly guided by your gifts, talents, skills and abilities. Educator and coach Joan Breiner provides the science behind how the brain works with a spiritual focus, and how to create new brain pathways that allow for habits of thought to support the life you desire.

Every chapter ends with an “Inspired Life Action,” a simple exercise that reinforces the concepts discussed. An example of one of the “Inspired Life Actions” is **Accepting What Is:**

Practice accepting “what is.” When you are talking about the situations in your life—whether they appear to be fortunes or misfortunes—simply describe them as “what is” without attributing blame or “good” or “bad” meaning to them. Notice of your tendency is to automatically focus on drama and what your experience is when you

—more—

stick to the facts. As meaning making machines, humans have a tendency to automatically tell stories that reflect our beliefs about ourselves, our relationships and our lives. Notice what beliefs are being expressed through your stories.

Living an inspired life is an inside job that begins with making a choice, with saying, “Yes, I choose an inspired life.” *THE INSPIRED LIFE: Unleashing your Mind’s Capacity for Joy* will show you how.

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Susyn Reeve is the co-founder of Self-Esteem-Experts.com and the award-winning author of *CHOOSE PEACE & HAPPINESS*. She has 35 years of experience as a coach, corporate consultant, and InterFaith Minister. Her clients have included American Express, New York University, Exxon, Continental Airlines, The Metropolitan Museum and Young Presidents Organization. Susyn lives in Long Island, New York.

Joan Breiner is executive director of the National Association for Self Esteem. She is also the co-founder (with Susyn) of Self-Esteem-Experts.com, CelebrateAHero.com and The Mind Manual system. Joan lives in Sarasota, Florida.

THE INSPIRED LIFE: Unleashing your Mind’s Capacity for Joy

by Susyn Reeve with Joan Breiner

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