

FOR IMMEDIATE RELEASE

A Cure for Life's Hiccups, Financial Uncertainty and the Blues

December 2008, Wayne NJ – Just in time for the holidays, the inspirational new book *Powerful Intentions ~ Everyday Gratitude, 100 Transformational Days To Create a Life of Joy, Grace and Ease* by Powerful You! Publishing (\$15.95 ISBN 978-0-615-26471-4) is an antidote to life's everyday hiccups and curve balls. This practical book is filled with 100 daily readings that help women of all ages to manage everyday situations as they learn to celebrate the simple pleasures of life. Written by Sue Urda, Co-Founder and CEO of Powerful You! Women's Network, the book is designed not only to ease the stress and tension that creeps up on us as we move through our day-to-day tasks, but to find a solution that is based in joy and simplicity and to help us count the blessings in every situation and person we encounter along the way.

Using humor, simple language and everyday life examples, first-time Author, Sue Urda provides insights for handling difficult situations, un-cluttering your mind, tapping in to your intuition and living each day with simplicity, grace and ease. Each daily lesson is "locked in" with a quote, a message of gratitude and a daily intention. One of Sue's favorite sayings is "Enjoy the process"; that's why the book focuses on the practice of gratitude and the conscious awareness of our thoughts.

Sue Urda has been an entrepreneur since 1989 and has found a way to be happy even in situations like the current economy presents. Sue, also known as "The Connections Expert", is the Co-Founder and CEO of Powerful You! Women's Network and a two-time honoree on Inc. Magazine's list of the 500 Fastest-Growing Private Companies. She travels the country connecting women to each other and to themselves through her network, presentations and workshops. Her personal mission is to assist individuals to follow their inner voice, find the simplicity in each day and live their lives in joy.

"When your life seems to be taking you for a ride instead of you being in the driver's seat, it is time to "think about what you're thinking about", says Ms. Urda. "When we get back to directing our thoughts, then our feelings and even our lives seems to fall into place and we begin to feel better. Never underestimate the power of feeling good."

For details and to purchase the book, *Powerful Intentions ~ Everyday Gratitude* visit www.powerfulintentionseveryday.com where you can read an excerpt from the book, see editorial reviews, and get some instant inspiration from online movies, audios messages and articles.

MEDIA: For a review copy and for interviews with Sue Urda, please contact Sue at 973-248-1262.

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