

**FOR IMMEDIATE RELEASE:**

**Media Contact:**

Deirdre Carey  
Kel & Partners  
617-904-9393 x123  
deirdre@kelandpartners.com

**MARLISE KARLIN OFFERS FIVE SIMPLE TIPS FOR  
LIVING LIFE WELL**

**Reboot Yourself by Nurturing Your Body & Mind**

**PHOENIX, AZ** – May 21, 2009 – Marlise Karlin is a person just like you and me who focuses on rebooting people by experiencing The Simplicity of Stillness®, offers simple tips for living life well that cost nothing, but are invaluable in making the journey of life more enjoyable and balanced.

Millions of Americans are overloaded with responsibilities and distractions, and although they try to stay healthy from a physical standpoint by eating well, exercising, and getting enough sleep, they are only nurturing their bodies, but neglecting to nurture their minds and spirits as well.

Marlise offers Five Tips for Living Life Well:

**#1: Breathe Into the Moment**

In the midst of a busy day, take a few moments to find stillness. Slow your pace, breathe deep, and refocus your attention away from the mind-chatter. Instead, reflect on what is most meaningful to you in life, and carry those inspirational thoughts with you throughout your day.

**#2: Take Inspired Action**

Being in constant reaction mode will leave you feeling exhausted & unfulfilled. After taking a moment of reflection and stillness, follow through with the necessary steps to achieve the goals you set forth for the day. If a disruption occurs, acknowledge it and look for a solution, rather than allowing it to derail you. Notice how your new focus helps you to stay on track with greater ease.

### **#3: Water Your Garden**

Truly acknowledge the people in your life for the value they bring to you and the world. As with a garden, relationships need to be nurtured and appreciated. With even a sprinkling, the relationship will bloom – and the beauty of what is given will return to you tenfold.

### **#4 Be Aware of Your Attitude**

Notice how you feel and how you radiate those feelings outward. If you have a positive attitude, people will not only gravitate to you, but it might even help change the attitude of others from negative to positive. If you are projecting love, generosity and hope, others may follow your lead. Realize how what you give comes back to you!

### **#5 Make Choices**

Acknowledge that you have the ability to make choices that will keep you moving forward toward your overall vision, rather than letting other people, or life's circumstances distract you from staying focused on what matters most. Choose what moves you toward your goals that give you the greatest rewards – inside and out.

*"People are running at a hundred miles an hour, racing with the clock, trying to squeeze in ways to stay healthy and fit," said Marlise Karlin. "It's important to realize it only takes a few minutes a day to completely reboot ourselves by nurturing both mind & body to become more balanced and healthy."*

#### **ABOUT MARLISE:**

Marlise Karlin is a person just like you and me who focuses on rebooting people by experiencing The Simplicity of Stillness. After a series of profound experiences shifted her perception of life, Marlise developed simple methods for people everywhere to reboot themselves so the journey of life can be more enjoyable.

Countless people from every culture around the world have attended Marlise's Programs and are attesting to the extraordinary benefits that her Stillness Sessions® have brought to their lives, from experiencing a sense of peace rarely felt, to finding balance and wellbeing, from releasing years of road blocks, to discovering what they really want out of life and how to create it. Marlise's authentic personality allows

her to connect with people at a real level to bring balance to their lives through The Simplicity of Stillness.

See [www.marlisekarlin.com](http://www.marlisekarlin.com)

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