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I'M MAD AS HELL & CAN'T TAKE IT ANYMORE
Marlise Karlin Offers Practical Tips for
Releasing Holiday Madness

PHOENIX, AZ – December 3, 2009 – Millions of Americans are physically, financially and emotionally spent as a result of the enormous challenges and pressure so many are dealing with this holiday season, experiencing higher levels of anxiety and anger than ever before. Marlise Karlin, www.marlisekarlin.com, who travels the world teaching people how to reboot their lives through The Simplicity of Stillness®, offers practical and achievable tips to release negative energy before it escalates into ill-health in mind and body.

A recent American Psychological Association "Stress in America" survey reports that seven in ten Americans say that money is a significant source of stress (71 percent), with similarly high percentages reporting stress resulting from work (69 percent) and the economy (63 percent). More than half of adults (55 percent) also cited family responsibilities as a significant source of stress in their lives.

Marlise Karlin offers the following tips to release holiday stress:

1. **Express:** Become *aware* of why you are stressed and *speak* about what's not working – try pacing in your living room – until you've said everything you needed to say. Really shout it out in a 'I'm MAD AS HELL' kind of way. Soon, you will feel a shift in your disposition.
2. **Write:** If you haven't formulated what the upset is, or have a hard time expressing yourself, then get out a pen or sit in front

of your computer – and just write. You will be amazed at what pours out and how quickly you will feel the stress dissolve.

3. **Reboot with The 3 Breath Awareness®:** Take 3 DEEP breaths, each one focused on releasing any tension in your body – *and* connecting to that tranquil place of Stillness within. Envision the silent power of a mountain or the calming blue waters of a tranquil Sea. With each breath feel that infinite peace expanding.

4. **Get Going:** Change locations, move away from your desk or your present environment. Take a walk, a drive, or even go shopping. Get a different perspective – feel the mind relaxing as you get involved in other activities.

5. **Smile & Laugh:** We get so distracted; sometimes we need to remind ourselves to smile. Having heart to heart or funny conversations with friends, or even complete strangers, can change our state of mind so quickly. Talk with the sales person or the woman waiting in line. Watch your worries fade.

6. **Gift Yourself:** Buy something just for you. You have discovered how to shift you stress and share your happiness with others. You deserve a treat.

Marlise Karlin teaches people how to reboot their lives through The Simplicity of Stillness®, a simple method she created after having a series of profound experiences shift her perspective on life. The Practices® have benefited thousands of people all over the world. To find out more about Marlise and Stillness Sessions audio work, visit www.thepractices.com.

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