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**NEW BOOK — *Peaceful Living* — GIVES DAILY TOOLS TO LIVE YOUR BEST LIFE**

*“Tomorrow will come later and yesterday already happened. This is your moment to live. How can you spend it in the way you most enjoy?”* – Mary Mackenzie

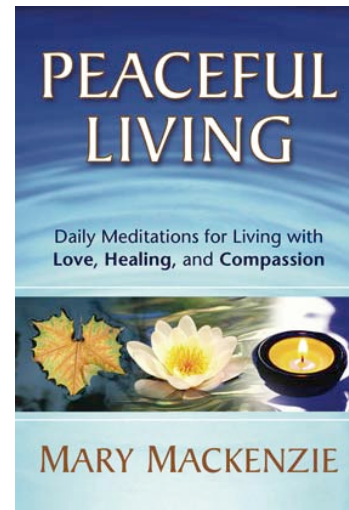
SAN DIEGO, CA — In the quest to live our fullest potential, the biggest obstacle may be something as simple as the way we have learned to think and speak. Indeed, the habitual patterns in our thinking and language can actually keep us from acting on our values, especially during trying circumstances. A new book offers a practical yet life-changing solution.

In PEACEFUL LIVING (PuddleDancer Press, November 2005), Mary Mackenzie, gives readers 366 compelling examples of how we can harness the power of language and thoughts in living our fullest potential. Each daily meditation helps slowly transform a lifetime of destructive internal dialogue to a language and consciousness grounded in compassion.

“Our language defines how we relate to the world, and particularly to one another,” says Mackenzie. “Moralistic judgments, labeling, evaluations of someone’s behavior — these all serve as intellectual roadblocks that keep me from connecting with my heart.”

By shifting our language and thinking, we can also shift the quality of our relationships, says Mackenzie. “And in doing so, we inevitably connect to our common needs. We then stand rooted in our natural state of compassion, where the potential to reach our fullest emotional and spiritual potential is immediately apparent,” says the author.

PEACEFUL LIVING goes beyond daily affirmations to help us transform our life by rethinking how we communicate. The Compassionate or Nonviolent Communication™ process (NVC) provides simple but powerful tools to stay focused on our intention — of compassionate connection — regardless of the circumstances. And it stresses the importance of inner work, to process pain, anger and other feelings that keep us from a willingness to connect to our own and another’s needs.



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“When you shift your focus to valuing your connection with other people, you improve the quality of your life and your relationships. Everyone who crosses your path will benefit from this shift of focus. It is inevitable.”

This discovery process can be equated to learning a new language, as it typically involves a rewiring of how we think and certainly how we use language. By breaking this down into daily applications in common situations, PEACEFUL LIVING helps us slowly and painlessly step closer toward our spiritual and emotional fulfillment. Each daily practice provides positive, tangible results that validate the absolute importance of the path we’re headed down.

**In each of the 366 daily meditations, readers of PEACEFUL LIVING will learn practical skills to:**

- Awaken our spirit by improving our relationships
- Free ourselves from destructive emotional patterns or internal thoughts that keep us from living our fullest potential
- Live authentically by focusing on the honest expression of our feelings and needs
- Ground ourselves daily in the values of compassion
- Be our best spiritual teacher

“The more each person lives in harmony with her values, the closer we are to manifesting world peace,” says Mackenzie. “It will not happen overnight, but each step we take, each moment we choose not to snap at our children or the grocery clerk, each time we consider someone’s else’s needs before we act, world peace is closer. It is inevitable.”

PEACEFUL LIVING is available in bookstores everywhere. To schedule an interview with Mary Mackenzie, please contact publicist Tiffany Meyer at 503-880-5308 or [tiffany@puddledancer.com](mailto:tiffany@puddledancer.com).

PEACEFUL LIVING, Daily Meditations for Living with Love, Healing, and Compassion, by Mary Mackenzie November 2005, 440 pages, \$16.95, paperback 5”x7.5”, PuddleDancer Press, ISBN #1-892005-19-0.

**Publisher’s Website:** [www.NonviolentCommunication.com](http://www.NonviolentCommunication.com)

**Author’s Website:** [www.PeacefulLivingBook.com](http://www.PeacefulLivingBook.com)