

FOR IMMEDIATE RELEASE

November 5, 2001



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NEW TOOL LEADS TO SUCCESSFUL RESOLUTIONS

(BOULDER, COLORADO) – MetaComm Media recently announced the availability of pre-publication copies of a ground-breaking workbook entitled, *Create A Great Life! A Spiritual Approach to New Year's Resolutions*. Author Gala Gorman provides an uncommon look at how to create a plan for manifesting the life people have always dreamed of, using proven techniques built around ancient wisdom. While the thought of keeping resolutions is often simply wishful thinking for many, *Create A Great Life!* provides insight into why this is a common result and provides a practical tool for overcoming the dilemmas typically faced in making (and breaking) resolutions.

This workbook sets the stage for developing successful resolutions through a 'big picture' approach. It includes practical exercises that incorporate writing, meditating, and visualization as critical parts of the framework within which resolutions can be made and kept. Using this tool, people will walk through the steps needed to build the primary relationship with themselves, develop affirmations to support desired changes, imprint the vision of their ideal life on their subconscious, put together annual goals that help create balance in their lives, creating a step-by-step action plan for achieving those goals, and follow up on progress toward those goals. According to author Gala Gorman, "Any day can be New Year's Day - All you need is a starting point to begin creating a great life."

Gala Gorman is a published author and Certified Public Accountant who takes an innovative and insightful approach to life. As a professional with over 20 years of experience as a consultant, speaker, trainer, and business owner, she personally embraces the metaphysical approach presented in *Create A Great Life!*, the companion workbook to her previously-released book, *What Would the Sage Do Now? A Spiritual Approach to Problem Solving* (ISBN 0-9711375-0-1). She uses and recommends these techniques to enhance success in business and in life overall, after ten years of extensive study and personal practice.

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0-9711375-1-X \$26.99 U.S.
Pub. date: December 2001
Soft Cover, 128 pages
Available from publisher