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Learn to Tame Stress, Seize Happiness Even in Tough Economy

Los Angeles, Calif. --- Unemployment rates continue to rise in many industries around the nation. Home prices are plummeting. More cases of the H1N1 “swine flu” are being reported prompting residents to visit clinics in Arizona and across the United States. Is it any wonder Americans are stressed out?

Luckily finding some relief and restoring balance in your life can be as easy as taking a deep breath and curling up with a new book.

UCLA psychiatrist and best-selling author Dr. Judith Orloff offers heartfelt, practical tips on how to transform anxiety, anger and other negative emotions into serenity, compassion and positive energy in her new book, *Emotional Freedom: Liberate Yourself From Negative Emotions and Transform Your Life*. In this The New York Times bestseller, Orloff shows readers how they can learn to face their emotions head-on so that gloomy news headlines, traffic jams and even difficult co-workers won't faze them.

Dr. Orloff will describe how to identify your emotional types and how to develop inner strength and treat yourself and others with kindness and compassion. She combines psychology, intuition, spiritual beliefs and traditional medical advice to help anyone develop stronger, more fulfilling relationships.

Orloff, an internationally known pioneer in emotional freedom, has been featured in The Arizona Republic, USA Today, and O, The Oprah Magazine, on Arizona public radio station KJZZ 91.5 FM and on NBC's TODAY show. She will share her insight at the "Celebrate Your Life Conference" in Scottsdale, Ariz., in November.

Orloff shared her insightful, practical tips in her down-to-earth, humorous style at a packed book-signing event at Changing Hands Bookstore in Tempe, Ariz., recently.

“Emotional freedom is about owning the moment,” Orloff said. “Regardless of what is happening in the world, when you learn how to handle your emotions, you will be happier, more relaxed and able to develop stronger relationships with your friends and family.”

Orloff is also an assistant clinical professor of psychiatry at University of California, Los Angeles. A psychiatrist for more than 25 years, she has written three other best-selling books. To learn more about Orloff and to listen to her free video classes visit www.drjudithorloff.com.