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**TOO BUSY FOR YOUR OWN GOOD:  
Get More Done in Less Time—with Even More Energy**  
By Connie Merritt, RN, PHN

**The popular life balance expert, motivational speaker, and recovering Superwoman shares an urgent prescription for an over busy, stressed-out nation with a surefire action plan to help “busyness” casualties heal the habit once and for all**

*“As a society we are obsessed with being busy. We seem to actually pride ourselves on getting as little sleep as possible and being overworked because we’re looking for satisfaction and significance. For modern women and men, busy has become the newest status symbol. We are at risk for burnout or—even worse—rust-out! Modern life is not for wimps.”*

—FROM CHAPTER ONE, “ARE YOU IN OVER YOUR HEAD?”

As a nurse and business owner, Connie Merritt has seen both the physical and the practical symptoms of America’s busyness epidemic. In fact, by some estimates, ninety percent of visits to primary care physicians are due to stress-related illnesses, such as indigestion, headaches, back and neck problems, and insomnia; one million people are absent from work each day due to stress, causing \$200 billion in absenteeism, workers’ compensation, and health insurance claims. This hectic pace doesn’t translate into better productivity, and it certainly doesn’t increase anyone’s joy. At last, Merritt provides a rescue manual for the PDA-toting, overtime-working, eldercare-giving, perfect-parenting, ladder-climbing women and men of America, with **TOO BUSY FOR YOUR OWN GOOD: Get More Done in Less Time—with Even More Energy** (McGraw-Hill; June 2009).

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Synthesizing the latest research in medicine, psychology, sociology, and business, **TOO BUSY FOR YOUR OWN GOOD** is both a dynamic wake-up call and an easy-to-implement, step-by-step plan for restoring a life that has gone out of control. The book's features include:

- **In-depth quizzes to diagnose Busyness levels** and overall life satisfaction, and to determine whether the reader is in the danger zone
- **Busyness myth busting, such as the myth that multitasking increases productivity.** Brain research conducted by the Federal Aviation Administration indicates that multi-tasking greatly *hinders* efficiency.
- **5-Minute First Aid for beating stress.** Merritt's breakthrough technique takes the pressure off when deadlines escalate or tempers flare. All it takes is a glass of water, a chair, and a secluded space.
- **Proven Lion Taming strategies.** Those difficult people in life are costly. They drain everyone else's time and energy. But bullies, complainers, grumps, and curmudgeons don't stand a chance with Merritt's powerful approach. Readers first complete an inventory to determine their own communication style and personality type. The inventory is then applied to the Lion in question, with breakthrough results for keeping the peace.
- **How to work smarter, not harder.** Who knew it could be so simple to manage a huge workload? Packed with dozens of eye-opening, time-saving tips, along with a chapter on the care and feeding of coworkers and bosses, the book delivers an empty in-box, an orderly email system, colleagues who know when not to disturb you, and other elements of a healthy workday.
- **Stop living in a madhouse.** Home should be the place for fun, rest, and re-charging. From renovating your sleep habits to regaining control over your personal time, Merritt brings her message home—with inspiring advice for every member of your household.

“Busyness has been called a ‘soft addiction,’” Merritt writes. “When you're busy and moving fast, you receive a little psychic and physical boost—a sort of high, not unlike that of a drug addict. As with most addictive behaviors, that feeling doesn't last very long, and then you need even more to get that high again.” A one-woman intervention, Merritt combines her medical experience, her life-coaching experience, and her gifts as a talented motivator to help readers from all walks of life break the damaging cycle of stress addiction. Putting better health (mental and otherwise) in reach for America's stressed-out masses, **TOO BUSY FOR YOUR OWN GOOD** replaces busyness with balance—and the beauty of truly energized living.

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## **CONNIE MERRITT, RN, PHN:**



**ABOUT THE AUTHOR:** A compelling storyteller and accomplished author, Connie Merritt, RN, PHN, has been nicknamed “The Lion Tamer,” for her masterful teachings on improving relationships at work and home. Author of **TOO BUSY FOR YOUR OWN GOOD** (McGraw-Hill) and the award-winning *Finding Love (Again!)*, Connie brings together stories and advice from countless interviews as well as pearls of wisdom from leaders in the fields of business, medicine and mind-body research. Her books and programs draw upon her vast experience as a nurse, life balance expert, rehabilitation equestrienne, wife, sales star, volunteer, recuperating overachiever and recovering Superwoman. Along with Connie’s boundless energy and humor, millions of people connect with her stories, exercises and advice for a better, balanced life filled with more satisfaction and meaning. Her work has been featured in *Cosmopolitan*, *Men’s Health*, and other publications. She lives in Laguna Beach, California.

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