

PRESS RELEASE

Book Announcement

FOR IMMEDIATE RELEASE

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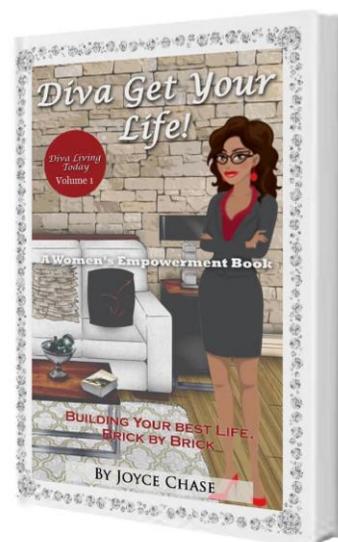
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Date: November 12, 2018



I AM NOT YOUR SUPER WOMAN!

The time has come for women to retire the cape and choose to live a healthier, balanced life.

Bordentown, New Jersey: On October 29, 2018, the first book of the *Diva Living Today* series, was published. *Volume One: Diva Get Your Life!* written by Joyce Chase, is available in bookstores and online. The book was written to inspire women of all ages to live a healthy and happy life by making their needs a priority. “How can we be all things to all people, and not take the best care of ourselves?” Ms. Chase says.

According to “Stress in America,” a survey conducted by the American Psychological Association, “women continue to report higher levels of stress than men (5.2 vs. 4.5),” and they are experiencing the negative symptoms brought on by unchecked stress. Too many of our family members and friends have suffered from stress-related illnesses. Too many of us are not living the life of our dreams. It is truly time for a change, and our lives depend on it. The *Diva Living Today* series is a guide to better living for women.

Volume One: Diva Get Your Life! provides women with the framework for creating the foundation for a positive and healthy lifestyle. With numerous examples, ideas, and strategies, women can use this book as a roadmap during their journey of setting and implementing positive, life-changing goals. Readers will be motivated to focus on living their best life ever. As the author states clearly in the book, carving out time to de-stress and rejuvenate is not equivocal, it is an absolute necessity. Pick up a copy:

Publisher: Gatekeeper Press - **Distributor: Paperback** \$14.99: Barnes & Nobles, Amazon, Ingram, Baker & Taylor, JoyceChaseEnterprises.com – **Paperback** – 9781642370256.

About the Author:



Joyce Chase obtained her Masters in Educational Leadership from Rider University in Lawrenceville, New Jersey. She is a director, transformational speaker, writer and humanitarian. She has two daughters who are also in the field of education.