

News release

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For immediate release

**Timely new book tackles rising worries in a bad economy**

## ***America's De-Stress Diva offers 77 stress-busting tips***

SANTA MONICA, Calif. – A timely new book, which zeroes in on how to battle high stress in this bad economy, begins arriving in bookstores today.

The book's title aptly describes the wealth of stress-busting tips inside the covers of "The De-Stress Diva's Guide to Life: 77 Ways to Recharge, Refocus, and Organize Your Life."

The author, California-based health, lifestyle and time management consultant Ruth Klein, has been labeled America's De-Stress Diva for her sensible how-to insights on the rising toll of high stress on the U.S. work force and families.

"The daily reports of rising bankruptcies, foreclosures and unemployment rates are taking a high toll on all of us. But there are smart, simple steps we can take to reduce unhealthy stress," Klein said.

"The stress toll is too great to ignore, with study after study linking high stress to heart disease, obesity and other dangerous health problems. Stress also is taking a multi-billion dollar toll in lost productivity in our workplaces," Klein said.

Klein cited an American Institute of Stress study placing a \$300 billion price tag on the cost of high stress to America's workplace in stress-related absenteeism, accidents, employee turnover and lost productivity.

She also cited a newer survey by the American Psychology Association, released Oct. 7, which reports that eight of 10 Americans say that this year's battered economy has become a significant cause of stress.

"I wanted my book to comprehensively address the small and large stress triggers we experience, including the upcoming holidays," Klein said. "All these stress triggers can add up so quickly."

Klein, owner of the award-winning Santa Monica firm The Marketing/Time Source and an AOL Business Coach, holds a master's degree in clinical psychology. She is the author of three previous books on business, time management and lifestyle topics.

Her new book offers well-researched insights and practical, easy-to-follow tips to eliminate unwelcome stress in our homes, workplaces and relationships.

Klein's stress-busting tips range from taking control over e-mail overload to smart diet and fitness tips, as well as better ways to manage our time and organize our homes and offices.

Her book offers how-to help when it comes to losing or starting jobs, changing careers, moving, holidays, house cleaning, personal finances, divorce, parenting, personal finances, aging and lifestyle changes, and coping with common physical ailments. There's even a section for pet owners.

"We never know what new stress triggers are just around the corner, so I wrote this book to become a comprehensive guide that readers will want to keep on hand for that next stress emergency," Klein said.

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**About the author:**

Ruth Klein, owner of the award-winning Santa Monica, California, firm, The Marketing/Time Source, also holds a master's degree in clinical psychology. She offers her unique expertise on business branding, productivity and time management to clients nationwide through her books, consulting, coaching and seminars.

*For more information and to download photographs of the author and book cover, visit [www.ruthklein.com](http://www.ruthklein.com). Contact the author directly at (310) 741-1583 or via e-mail at [rklein@ruthklein.com](mailto:rklein@ruthklein.com).*

**About this book:**

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77 Ways to Recharge, Refocus, and Organize Your Life"

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