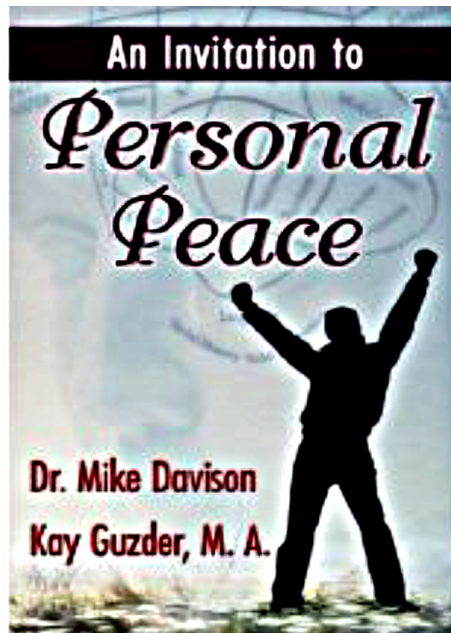




Dr. Mike Davison, 847-490-7689 or mike@AnInvitationToPersonalPeace.com
Or visit www.aninvitationtopersonalpeace.com

We Are Pleased to Announce the Publication of:



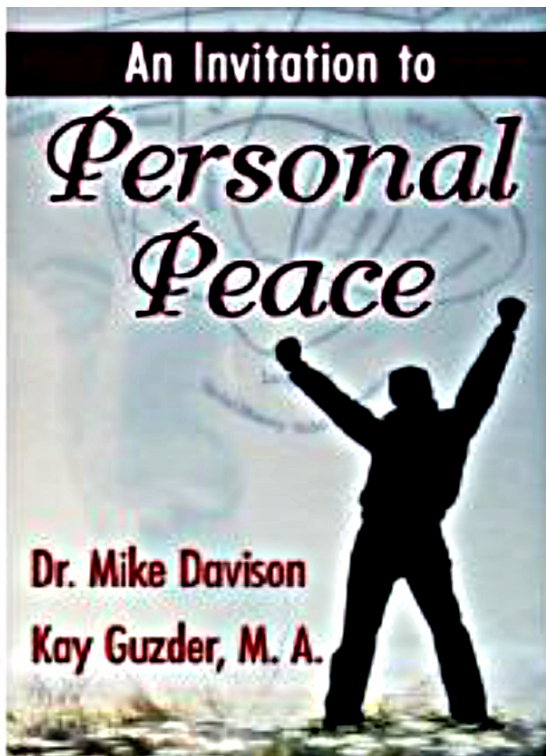
An Invitation to Personal Peace

**Dr. Mike Davison,
Kay Guzder, M.A.**

**UNCOVER AND DISCOVER PERSONAL OBSTACLES
THAT KEEP YOU FROM UNLEASHING AND
CLAIMING PERSONAL PEACE IN YOUR
LIFE.**

“An Invitation to Personal Peace, moved me to immediate action in my life. After an almost 18 year separation from my family of origin, the writing exercises helped me realize that I reached the point in my life where I could now step back in order to move ahead. A little searching on my part and I found one of my sisters and re-established contact with her. The healing process began and I know it was because I read **An Invitation to Personal Peace at the right time in my life.”**

Katherine M. Howard, MAPC, MSM, LPC, EdD(abd)



Break out of old self limiting patterns and activate a new life that fills you with enthusiasm, energy and self empowerment.

Whether you are aware of it or not, there are constant daily challenges to your personal peace. In addition to the typical challenges that have existed for ever, there are countless modern distractions that can devour your time, energy and focus and can leave you hungry for greater meaning and personal peace in your life.

Many people show up way too small in life. They stay small and settle due to fear. It may be fear of failure, fear of success, or fear of being discovered for the incompetence they feel. Much of the fear of taking risks has long and deep roots. For many, it comes from growing up in a family that sends subtle messages that “you are either with us or against us”. In this kind of family, it may have been necessary to downplay, disown, devalue or disconnect from important parts of your being. It reminds me of the old saying that “ships are safest in port, but that is not what ships were built for”. Similarly, you were not built to stay small and only express a fraction of who you are.

This delightful guide offers fifty-two inventive and easy-to-follow practices to help you achieve personal peace. Use one practice a day or one practice each day for a week. That decision is up to you. Remember, not making a decision is a decision. Make your decision to take the action to change your life starting today. You will experience a deeper sense of joy in all aspects of your life as you learn to develop personal peace. Life does not have to be dull, uninteresting, boring and full of multiple stressors and frustration. You can learn to thrive, not just survive, as you become your own powerhouse and live everyday positively in self nurturing and love. When you start experiencing true personal peace, your personality will radiate a joy that will attract abundance into your life. Attract an Abundance of joy, Abundance of love, Abundance of creativity, in addition to an Abundance of opportunity- TODAY!

Suggested Interview Questions for An Invitation to Personal Peace

1. What do you really mean by the term “**personal peace**?” Is it really the same as happiness?
2. How will the techniques in this book help my **stress** level?
3. How is this book **different** from other self-help books?
4. What are the **4 empowering questions** to ask myself that will help me achieve personal peace?
5. In your book you use the terms **ANTS and PETS**. How do I replace **ANTS with PETS**?
6. What are some of the **typical roadblocks** people experience when trying to improve their lives?
7. Tell me about practicing **mindfulness** as you **eat chocolate**!
8. Why is **nothing** a good thing to do?
9. What are some of the other actions people can take every day to **feel more peace** in their lives?
10. Tell me about the concept of **addition by subtraction**.





Raves for An Invitation to Personal Peace

"Dr. Mike and Kay have written this book to take you on a journey for achieving your own personal peace. It is a roadmap for you to connect to the bigger picture; your true unique purpose. They have paved the way to target your priorities, set daily goals, action steps and align them with your life's purpose. They are your travel agents to personal peace."

Mike Litman, #1 best selling author, Conversations with Millionaires

"An Invitation To Personal Peace, is the definitive book to start you on your journey to finding peace and tranquility in your life. Dr. Mike Davison and Kay Guzder have made your journey easier by removing the roadblocks that stand in your way. They provide clear-cut methods to educate and enlighten. This book is loaded with strategies, tools, ideas, and profound insights that will allow you to make a transition from where you are now to developing your own personal peace goals. The chapters on random acts of kindness, to paying it forward, to cultivating a compassion and living your life as an instrument of peace are destined to be classic essays on this subject. This book will be my reference tool for achieving my own personal peace. Buy this book, its a treasure."

Frank Gasiorowski, Mr. 90 Day Goals

It's not often that a book can move me to take immediate action but An Invitation to Personal Peace did just that. After an almost 18 year separation from my family of origin, the writing exercises in the book helped me realize that I had reached the point in my life where I could now step back in order to move ahead. A little searching on my part and I was able to find one of my sisters and re-established contact with her. The healing process has begun and I know it was because I was reading the right book at the right time in my life."

Katherine M. Howard, MAPC, MSM, LPC, EDD(abd)

"Reading this book is an act of empowerment. It will teach you how to cultivate a calm and collected personality, so that you can handle whatever comes your way in life. Dr Mike Davison and Kay Guzder's insights are practical, relevant, fun and easy to implement. I was challenged, encouraged and found myself smiling while reading this book. It's a winner!"

Nicky VanValkenburgh

Syndicated newspaper columnist, Gannet publications.

Director of 20 Minutes To Less Stress, LLC.



ABOUT THE AUTHORS



Dr. Mike Davison is a clinical psychologist with a thriving private practice in Chicago.

His interests include the practice of individual psychotherapy, family and couples counseling, organizational consulting, peak performance coaching, and the integration of spirituality and psychotherapy. Dr. Davison also has taught in a doctoral program for clinical psychology since 1996. Dr. Davison lives in Chicago with his wife of 18 years and their three children.



Kay Guzder received her Master's degree in Counseling Psychology from the Adler School of Professional Psychology in Chicago.

She has enjoyed a diversified career as a therapist counseling children in two elementary schools in Chicago's inner city. For ten years she maintained a private practice counseling children and adults and facilitating women's support groups. Kay is now retired and enjoys writing, traveling and spending time with her husband of 41 years, her adult son and daughter and her exuberant Chocolate Labrador Retriever, Ty.