

## 26 Priceless Mini-Makeovers To Reenergize and Recapture The True You!

*Life Management Expert's New Book Reveals Simple Ways to Re-Seize the Magic, Kick Start High-Energy Living, and Get the Most Out of Life*

**Chicago, Ill.** – More than 160,000 women have gone through Brook Noel's Make Today Matter Program and quickly found their lives changing for the best by using Noel's life management techniques. Now these once guarded techniques are available for everyone in her new book, [\*\*The Make Today Matter Makeover: The 26 Best Ways to Recapture Daily Magic, Kick-start High-Energy Living, and Get the Most Out of Life\*\*](#), out this December '09. In 26 steps a reader can give themselves or a loved one a mini-(life)-makeover of the mind, body, and soul.

"This book encouraged readers to identify their priorities, uncover, assess, and fix life's "problem" areas, simplify life, and learn how to chart a unique path using the 26 strategies," said Brook Noel. "I realize that over the years I have learned to stop looking at the path I had wanted to take and instead look at the path life has given me. Through this learning process, I realized what my road blocks were and created these tools to help me through it."

[\*\*The Make Today Matter Makeover\*\*](#) provides short, achievable steps that fit into today's busy lifestyles. The book starts with asking readers to figure out "problem" areas of life and recognize their priorities. By doing so, the reader now understands where his or her strengths and weakness lie. After the self awareness stage is complete, the book offers Mini-Makeovers in the following categories to strengthen the mind, body and soul: Energy & Health, Household Management & Maintenance, Goals & Career, Time & Information Management, Self-Time & Self-Discovery, and Attitude & Self-Esteem.

### Examples of Mini-Makeovers:

- **Nine Steps To Breaking a Bad Habit** – Be it smoking, overeating, or neglecting to exercise, *The Make Today Matter Makeover* includes a nine-step cessation approach that involves changing the behaviors and environmental factors that surround the habit.
- **Seven-Day, Anti-Stress Regimen** – 79 percent of Americans believe "stress is a way of life," according to the American Psychological Association. *The Make Today Matter Makeover* recognizes that eliminating stress completely is unrealistic, but provides a week-long regimen dedicated to managing stress and making rejuvenation periods a routine commitment.
- **The Ten Faces of Procrastination** – There is no "one-size fits all" when it comes to procrastination. *The Make Today Matter Makeover* identifies 10 Procrastination Personality Types and how to overcome the roadblocks related to each.

Instead of extensive planning and time, [\*\*The Make Today Matter Makeover\*\*](#) program only requires a commitment to letting go of what you cannot control and to gaining a mindset ready to focus on what action you can take today—to *make today matter*.

#### Main Office

1935 Brookdale Road, Suite 139  
Naperville, IL 60563  
630.961.3900  
fax 630.961.2168

#### New York

390 Fifth Ave, Suite 907  
New York, NY 10018  
212.414.1701  
fax 212.594.2289

#### Connecticut

955 Connecticut Ave, Suite 5310  
Bridgeport, CT 06607  
203.333.9399  
fax 203.367.7188

### **About The Make Today Matter Makeover**

***The Make Today Matter Makeover: The 26 Best Ways to Recapture Daily Magic, Kick-start High-Energy Living, and Get the Most Out of Life*** (ISBN: 978-1-4022-1223-9; \$14.99 U.S./\$18.99 CAN/£7.99 UK; DECEMBER 2009;) is a Self-Help, Trade Paperback book that can be found at most major retailers. This book provides short, achievable steps that fit into today's busy lifestyles. Instead of extensive planning and time, ***The Make Today Matter Makeover*** program only requires a commitment to letting go of what you cannot control and to gaining a mindset ready to focus on what action you can take today—to *make today matter*. For more information please visit: [www.maketodaymatter.net](http://www.maketodaymatter.net)

### **About Author Brook Noel**

CEO, author, speaker, and mom, Brook Noel's passions and life revolve around helping others. Author to multiple self-help books, Noel's most known for her "bestseller" *I Wasn't Ready to Say Goodbye* and her Make Today Matter Life System, the basis for her book, *The Change Your Life Challenge*. Her mounting success has inspired her to motivate over 160,000 women through her self-run online workshops. She has been featured on ABC *World News*, CNN *Headline News*, and *Fox and Friends*. Noel currently lives in Wisconsin with her husband and daughter. For more information please visit: [www.BrookNoel.com](http://www.BrookNoel.com) or [www.maketodaymatter.net](http://www.maketodaymatter.net)

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### **Media Contact:**

**Liz Kelsch**

**Publicist-Sourcebooks**

**630-536-0595**

**[liz.kelsch@sourcebooks.com](mailto:liz.kelsch@sourcebooks.com)**

#### **Main Office**

1935 Brookdale Road, Suite 139  
Naperville, IL 60563  
630.961.3900  
fax 630.961.2168

#### **New York**

390 Fifth Ave, Suite 907  
New York, NY 10018  
212.414.1701  
fax 212.594.2289

#### **Connecticut**

955 Connecticut Ave, Suite 5310  
Bridgeport, CT 06607  
203.333.9399  
fax 203.367.7188

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[www.sourcebooks.com](http://www.sourcebooks.com)