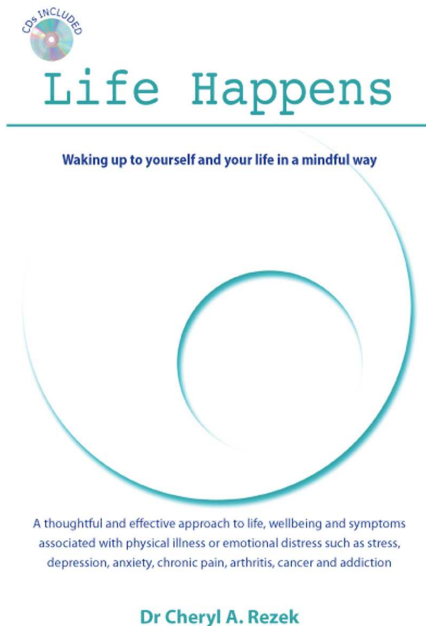


## PRESS RELEASE – ADVANCE NOTICE

### **Life Happens** **Waking up to yourself and your life in a mindful way**

A thoughtful and effective approach to life, wellbeing and symptoms associated with physical illness or emotional distress such as stress, depression, anxiety, chronic pain, arthritis, cancer and addiction

**Dr Cheryl A. Rezek**



#### PRODUCT INFORMATION

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**WEBSITE:** <http://www.cherylrezek.com/index.html>

#### ABOUT THE BOOK

Life happens to all of us - for better and for worse. Modern attitudes can often lead us to believe that life is all about success and pleasure, and being upbeat and high-achieving. They suggest that everyone is capable of everything, with no obstacle being too great to conquer. This message leaves little room for our humanness, vulnerability and imperfections. In addition, for those trying to cope with illness, addiction, life disruptions or relationship problems, a whole new set of life-impacting changes and demands are raised.

We bring into this moment a condensed version of all our yesterdays, and we live out our beliefs about ourselves in a variety of ways every day. Paying attention to your life and making sense of what might have seemed senseless is one way of shifting from getting through your life to getting involved with it.

This book is written by an experienced clinical psychologist who aims to create an interest in people about themselves by providing a straightforward, uncomplicated and totally accessible book. It looks to combine the curious nature of being human with an awareness of how we can approach life situations and difficulties in a mindful and thoughtful manner.

A key aspect of this book, and what makes it so readable and different, is that it is realistic and human, serious and funny, quirky and direct. It lays out the information and then gives you the choice. It's for anyone - men, women, the well, the ill, parents, professionals or anyone who makes decisions not only about their lives but about those of others. Essentially, it's for everyone, especially for those who would never even consider reading something like this.

## ABOUT THE AUTHOR

Dr Cheryl Rezek is a clinical psychologist who has worked as a consultant across various fields of mental health for more than twenty years. She has combined clinical and academic work, working with children, families and adults with a range of psychological difficulties. She developed a number of specialist treatment programmes, and provided consultation on service development and clinical matters to a broad set of individuals and organisations.

She maintained close academic and teaching links to doctoral training courses for clinical psychologists, lecturing at various universities and managing a specialist teaching unit. She was on selection panels, an external marker, and a supervisor and mentor. In addition, she provided teaching and supervision to qualified individuals from various professions.

She lectured on a wide range of subjects, from psychodynamic therapy and supervision, addictions, women's forensic services, female sex offending, and trauma to mindfulness within therapy. She lectured to the public on the implications of addiction on the individual and the family system, and on death, dying and the family during her years with hospice.

Dr Rezek was a leading member of a national health trust committee involved in the development and evaluation of risk assessment tools in general and community psychiatric areas, and she was on a working party for the development of a needs assessment project for the Department of Health. She has researched and written material on mindfulness, therapy, depression, traumatic experiences, substance misuse and offending.

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