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THIS YEAR, A VALENTINE FOR YOURSELF

Fairfield, Iowa - February 1, 2007 - Just in time for Valentine's Day, Transformational/Motivational Coach Lenora Boyle has produced a new audio CD entitled, "The Happiness Zone™: Top 10 Ways to Get There, Live There and Flourish There." Its message, contrary to the traditional "twosome" focus of Valentine's Day, asserts that true happiness in any relationship is found within the individual.

Fortunately for everyone, Ms. Boyle says happiness is "both a birthright and also a learned skill" and points to the proliferation of well-attended "finding happiness" courses offered at prestigious institutions, including Harvard University. According to Ms. Boyle, "You don't need to be in a relationship to be happy. And if you're in a relationship, someone else need not keep you from being happy."

Styled in an interview format, the CD addresses a variety of happiness-related areas, including the question, "Why strive to be happy in the first place?" According to Ms. Boyle, recent studies done at the University of Texas Medical Branch at Galveston, University College London and University of Pittsburgh, have shown happier people are healthier, live longer, and are less likely to suffer debilitating heart attacks and strokes, making happiness a worthwhile goal for everyone.

"The Happiness Zone" CD, which retails for \$9.95, is available for sale via her web site:  
<http://www.changelimitingbeliefs.com>.

Ms. Boyle, who will be speaking at the Beyond Rubies Woman's Conference at Kirkwood Community College in Cedar Rapids, Iowa next month, has been involved in mentoring and coaching since 1990. She frequently speaks to groups, and coaches individuals in the U.S. and abroad, both in person and via TeleClasses through Teleclass.com. Ms. Boyle and her family reside in Fairfield, Iowa.

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