

## How to Make New Year's Resolutions That Work!

*Do you know the best way to turn your New Year resolutions into reality? Create a visual map for 2010 by designing your own vision board as seen on Oprah and Larry King. In THE VISION BOARD (Collins Design; December 22, 2009; \$18.99),*

**Dec. 20, 2009 - [PRLog](#)** -- What works better than New Years Resolutions?

As seen on E Entertainment Morning show....

Visioning and Vision Boards help make resolutions real and are a much better alternative than wishing on stars or magical thinking believes best-selling author Joyce Schwarz who has been featured on E Entertainment TV's morning show, in FOXBusiness News, CHICAGO SUN TIMES and in more than 75 blogs, 50 radio shows and other media. The official website for the book is [www.IHAVEAVISION.org](http://www.IHAVEAVISION.org). Schwarz tweets at [www.twitter.com/visionboard](http://www.twitter.com/visionboard)

The foreword to The Vision Board book was written by Bob Proctor and the afterword by Jack Canfield, CEO Chicken Soup for the Soul Enterprises.

In all bookstores across the USA and Canada on 12/22/09

**"THIS BOOK WILL CHANGE YOUR LIFE"- Jack Canfield**

The Vision Board trade paperback book hits major bookstores across USA and Canada and Amazon.com on 12/22/09 It sold 20,000 copies in hardback (4 color) 200 pages, coated stock, coffeeetable quality printing. Joyce Schwarz now has more than 100,000 books in print-- this is her sixth book by a major publisher.

Still time to order via Amazon.com or other online bookstore for XMAS!

Find out more in this major new book called THE VISION BOARD: the secret to an extraordinary life by Marina Del Rey, California author Joyce Schwarz, as it hits shelves on December 22 in trade paperback after selling out in hardback!

Author and motivational Joyce Schwarz has been featured on E Entertainment TV's morning show, in FOXBusiness News, CHICAGO SUN TIMES and in more than 75 blogs, 50 radio shows and other media showing audiences and hosts how to make dreams come true.

**GRAB SUCCESS says Joyce Schwarz, The Vision Board book author!**

Internationally recognized motivational speaker and career strategist Joyce Schwarz introduces readers to GRABS, her five-step system to living the life of your dreams.

Schwarz explains that the GRABS formula stands for G=Gratitude and R - Release and Receive and A = acknowledge and ask and B = Believe and be authentic and S = sharing.

Originally from Cleveland

Originally from Cleveland, Ohio, author Joyce Schwarz has lived and worked in New York City, Honolulu, San Francisco and Paris, France. Joyce Schwarz, originally from Cleveland, Ohio researched and developed

this success formula during more than 50,000 hours of coaching and launching more than 100 products and services for Fortune 500 companies as a major advertising executive for such top firms as Foote Cone & Belding.

Schwarz has counseled more than 15,000 people in more than 78 different professions. She is the PURPOSE IN LIFE EXPERT for allexperts.com and launched AOL's Workplace of the Future forum (with 75 online page). She founded and heads several profitable businesses including THE VISION BOARD INSTITUTE, The Center for Successful Recareering and JCOM New Media all located in Marina Del Rey, California.

THE VISION BOARD book shows you how to:

- To make 2009 the best year ever, despite the economy. • To find more love and spice up your sex life by designing a couple's vision board.
- To get the job of your dreams or start your own business.
- To tap into the power of an ancient ritual called visioning like Jim Carrey did to make \$20 million and more.

FEATURING CELEBRITY AND VIPS INCLUDING:

- Aras Baskauskas, CBS SURVIVOR \$1 million and winner
- Marisa Petroro, actress and model on NBC's DEAL OR NO DEAL
- Jim Stovall, author of THE ULTIMATE GIFT
- Mark Chasan, founder of emusic.com and creator of A.W.E.
- Marie Diamond, Feng Shui Expert
- Beth Greer author ,Supernatural Mom
- Jaynse Jaud, voice of Hasbro's The Pink Pony
- Renee Piane, founder Rapid Dating

Dr. Matthew B James, Huna expert and chair, Assn for Integrative Psychology

·And more than 75 other wisdom leaders, celebrities and real people like you and me! You can see more than 100 full color vision boards in the book and Joyce can show them to your readers, viewers and discuss with your listeners!

Joyce Schwarz can share a free chapter of the book with your audience, see it at  
<http://browseinside.harpercollins.com/index.aspx?isbn13=9...>

\*As seen in TV GUIDE, FOXBusiness News, E Entertainment Television, FIRST Magazine, Better.TV, CHICAGO SUN TIMES and other major media.

**ABOUT THE AUTHOR:** Joyce Schwarz's career strategy business is called Center for Successful Recareering. She has been featured in The Wall Street Journal, Money Magazine, on NBC National News and NPR. Her clients include Hollywood producers, network and film studio executives, TV personalities and Fortune 1000 corporate leaders and high technology entrepreneurs. Schwarz has logged more than 50,000 hours of CEO-level coaching.

She has spoken to more than 200,000 people at more than 500 public seminars, keynoted at more than 100 conferences including the Consumer Electronics Show and National Assn of Broadcasters (NAB) and

Digital Hollywood and conducted workshops at Learning Annexes in Los Angeles, San Francisco, and San Diego. She has moderated and organized corporate retreats for clients like AT&T and Sheraton Hotels. She also heads JCOM a new media consulting and launch strategy firm located in Marina Del Rey, California and has served as a launch strategist for more than 75 venture funded start-ups including emusic.com.

She launched the Missing Kids on the Milk Carton campaign and AOL's Workplace of the Future. Joyce was the co-recipient of an NEA grant for her community outreach programs. She is originally from Cleveland, Ohio and holds an undergraduate degree from Ohio University and a masters degree from the University of Southern California.

#### THE VISION BOARD

The Secret to an Extraordinary Life

By Joyce Schwarz

Collins Design

\$18.99 : Trade paperback version

On sale: December 22, 2009 ISBN: 978-0-06195-638-6

[www.ihaveavision.org](http://www.ihaveavision.org) [www.twitter.com/visionboard](http://www.twitter.com/visionboard) blog: [www.visionboard.info](http://www.visionboard.info)

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The Vision Board Institute was established by best-selling author Joyce Schwarz, The Vision Board, Harper Collins Publishing, Collins Design in 2008 as the only accrediting group for coaches, psychologies, artists and counselors to earn the designation CVBC Certified Vision Board Counselor. The Vision Board Institute is the first to offer certification that assures corporations, nonprofit groups and trade organizations that they can locate a counselor who is trained in art, design, life visioning and coaching life change with more than 50 hours of class time. Author Joyce Schwarz has been featured in THE WALL STREET JOURNAL, LA TIMES, DAILY NEWS, FOXBUSINESS and on dozens of national news segments talking about career change, New years resolutions, vision board creation and how to launch your own business and product to the marketplace!

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Source Joyce Schwarz

City/Town Marina Del Rey

State/Province California

Zip 90292

Country United States

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