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Wayne E. Nance, author of **THIN, RICH AND HAPPY: Take 3 Minutes To Start Your New Life**, is available for interviews in May and June 2007 and by special arrangement.

Have you ever gained weight on a diet?

Do you continue to spend even when you are on a budget?

Do you make false apologies just to end an argument?

WHEN QUICK-FIXES DON'T WORK, AUTHOR AND LIFESTYLE EXPERT WAYNE E. NANCE OFFERS REAL-LIFE SOLUTIONS TO OVERCOME OBESITY, DEBT, AND FAILED RELATIONSHIPS IN HIS NEW BOOK

Dear Producer/Interviewer:

Why do so many people continually struggle with weight, finances, and relationships? "Because too often, they rely on a quick-fix strategy rather than focusing on the larger issues that might be causing the problem," says Wayne E. Nance, author of **THIN, RICH AND HAPPY: Take 3 Minutes To Start Your New Life**. As President and CEO of Real Life Management, Nance, who himself was once deeply in debt and 100 pounds overweight, now teaches individuals and businesses, as well as financial advisors, psychologists, and other professionals, his methods for taking control of these lifestyle issues.

According to Nance, our attitude accounts for eighty percent of any decision we make about health, finances, and relationships. He believes that in order to gain control over these lifestyle issues, people must first uncover their core attitude before they can take steps to alter their behavior. In **THIN, RICH AND HAPPY**, Nance offers specific strategies to help people identify their core attitude and how it affects their decision making patterns. He provides real-life examples of people who have followed his advice and successfully lost weight, gotten out of debt, and improved their marriages.

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In an interview, Nance will explain how anyone can conduct a “reality check,” and get serious about evaluating his or her own personal lifestyle issues. Nance will discuss the common thread between health, finance, and relationships, and tell your audience why taking steps to improve one area will lead to balance in all three. He will then offer tips about setting realistic personal health goals, managing money, and building good relationships.

He will also answer the following questions:

1. In **THIN, RICH AND HAPPY**, you say that quick-fixes don't work – for example, diets don't help people lose weight, and budgets won't help people get out of debt. Why is this? What makes your plan different?
2. You say that attitude accounts for eighty percent of every decision we make about lifestyle issues, so how can someone identify his or her own core attitude?
3. Throughout **THIN, RICH AND HAPPY**, you stress that altering – not changing – an individual's lifestyle is the way to achieve lasting improvement. What is the difference between altering and changing? Why is altering one's lifestyle a more manageable and realistic goal?
4. You say that conducting a reality check – honestly evaluating where you stand with health, finances, and relationships – is a major step towards getting control of life. Can you give an example of how to conduct a “reality check” for health?
5. What advice do you have for people who attribute their weight gain to things like genetics or thyroid problems? How can people set realistic health goals if they have always struggled with these issues?
6. When discussing financial fitness, you explain the importance of purchasing the correct insurance, and setting up wills and trusts. Why is this so important, and why do people often overlook these types of issues?
7. In your book, you say that commitment is the glue that holds a marriage together. What are some ways that a couple can work on this together?
8. In **THIN, RICH AND HAPPY**, you warn against the danger of hidden agenda drivers, or HADs. What are some examples of HADs, and how do they threaten to derail people as they strive to improve their health, finances, and relationships?

Nance/Page Three

9. Once someone has completed your customized plan to improve health, finances, and relationships, what is the next step?

10. What is the common thread between health, finance, and relationships? Can taking steps to improve one of these areas really help balance all three?

Wayne E. Nance has helped more than 50,000 people gain control of their lives. His simple, practical advice is a starting point to help your audience become **THIN, RICH AND HAPPY**. Please contact us to set up an interview.

Cordially,

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THIN, RICH AND HAPPY
Take 3 Minutes To Start Your New Life
by Wayne E. Nance
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Take the 3-Minute Survey at
www.rlmsurvey.com

Wayne E. Nance is the founder of Real Life Management, Inc. (www.reallifemanagement.com). A vibrant speaker whose unique style, emphasizing humor and interaction, educates, motivates, and entertains organizations across the country, Nance's "ABC's of Real Life Management" program is currently used by top corporations and institutions throughout the United States. A native Texan, Nance still resides in the Lone Star State.