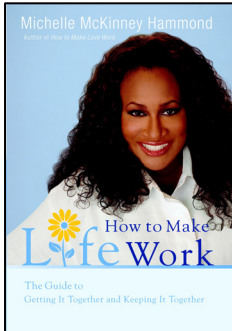


FOR IMMEDIATE RELEASE:

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LIFE: AN OWNER'S MANUAL: Understanding Assembly, Maintenance and Troubleshooting



(Chicago, IL) Our culture is obsessed with finding the secret to lasting happiness, but many people wonder “Does life just happen?” Can we really control our lives despite outside influences — including a shaky economy, financial struggles, a war and upcoming Presidential election?

Empowerment coach **Michelle McKinney Hammond** believes we are the greatest factor to determine the outcome of our lives. “Many try to solve the mystery of how life works, but in truth, we get out of life what we put into it based on the universal law, personal choices and our pursuits,” says Hammond. She believes that circumstances always influence our lives, but it’s our choices and response that determine the outcome.

Hammond’s new release, ***How to Make Life Work: The Guide to Getting It Together and Keeping It Together*** (Faith Words/Hachette) is an owner’s manual that helps readers transform or maintain success through the different seasons of life. Hammond explores the following:

- **Life is Relational:** How you relate to yourself, family, friends, spouse or associates determine your actions and your actions determine the quality of the life you live.
- **Your Life is a Lesson:** We learn through hardships and adversity. People who search for an escape or have others rescue them do not acquire the coping skills needed to handle the uncertainties of life.
- **Your Life Requires Effort:** If you’re not willing to work at life then life won’t work. Our society has a low tolerance — we want instant gratification. If solutions require effort we abandon relationships and other pursuits.
- **Your Life Should Leave a Legacy:** Money, fame and talent do not create lasting happiness, only the legacy you leave will continue after these dissolve.
- **Your Life Requires Troubleshooting:** In order to keep your life running smoothly, plan for the times your life gets stuck, seems uncertain or falls apart.

How to Make Life Work will guide readers to find their purpose, nurture their spirits, minds and bodies, and establish balance in their different relationships. Through it all, Michelle gives us a refreshing picture of what life is supposed to look like according to “the Manufacturer’s design.”

Michelle McKinney Hammond (www.michellehammond.com) left an award-winning career in advertising to become a sought-after speaker, an Emmy award winning talk show host and the author of over thirty books that have sold nearly 2 million copies including *How to Make Life Work*, *Secrets of an Irresistible Woman* and *Sassy, Single and Satisfied*. With her refreshing honesty and candor, she has been featured in countless media outlets including *The New York Times*, *Chicago Tribune*, Bill Maher, *Essence Magazine*, *Ebony* and American Airlines in-flight programming. Hammond lives in the Chicago area with her two Shih Tzu dogs.

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Suggested Interview Questions:

1. What is your response to those who think “life just happens”?
2. With so much stress in life, how can people stay positive?
3. What do you mean when you say that too many people blame others for things *they* can control?
4. Please share some steps to making money a tool instead of a taskmaster
5. What are the two attitudes that can ruin a person’s life?
6. Why do you believe protecting a child from the realities of life may be actually do more harm than good for the child?
7. What is the benefit of identifying the cycles in our lives?
8. What do you mean that we need “long-term maintenance” and “preventative maintenance” in our lives?
9. How should someone approach life when it caves in, seems uncertain or gets stuck?
10. Why do you consider health, faith, profession and finances to be “pillars of life?”

INTERVIEW TOPICS:

1. Dealing with uncertainty: Presidential election, war, struggling economy and job insecurity
2. Learning to overcome blame and take responsibility for your life
3. Overcoming the “I want it now” mentality
4. The power of others: Understanding the impact of family, friends and spouse in your happiness
5. Identifying the cycles of your life and understanding their purpose
6. The benefit of adversity: Creating success through personal and professional hardship

Chapter Overviews in *How to Make Life Work*

- ◆ Foundation: You, God, Purpose, Others
- ◆ Pillars: Faith, Health, Profession, Finances
- ◆ Tools: Wisdom, Attitude, Habits, Character
- ◆ Assembly: Open and Examine, Own It, Inspect the Building Site and Get it Together
- ◆ Maintenance: Preventative, Long-Term
- ◆ Accessories: Righteousness, Peace, Joy, Favor and Blessings, Invaluable Intangibles and Honor
- ◆ Troubleshooting: When life caves in, when life won’t work, when life gets stuck, when life seems uncertain and when life seems over

<i>How to Make Life Work</i> By Michelle McKinney Hammond	
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About Michelle McKinney Hammond



Michelle McKinney Hammond is a bestselling author, speaker, empowerment coach, singer/songwriter and an Emmy-award winning television co-host for the talk show “Aspiring Women,” which airs in over 100 markets in the U.S. and abroad.

She has been profiled by major media outlets including *The New York Times*, *The Chicago Tribune*, *Essence*, *Ebony*, “Politically Incorrect” with Bill Maher, BET and numerous national television shows. She has been interviewed by countless radio programs and publications.

Michelle has sold around 2 million books on issues that matter most to single and married women—love, romance and living a life of faith. Michelle has more than twenty-five books published, including *How to Make Love Work*, *Sassy, Single & Satisfied*, *Secrets of an Irresistible Woman*, and *101 Ways to Get and Keep His Attention*.

Michelle is known for blending a refreshing femininity with hard-hitting reality checks. Her teachings on the power of being a woman, how to discover and celebrate your innate gifts and talents, and how to live as a woman of purpose have revolutionized the lives of countless women.

Her driving force is to empower women and men to live and love to their fullest potential. “I am inspired to create by the needs of people. My motivation and inspiration come from my desire to address people’s questions,” she says.

Taking on universal subjects with refreshing honesty and candor, Michelle illuminates timeless truths in a practical manner that gives her audience what she refers to as the “keys to living, loving and overcoming.” Visit www.MichelleHammond.com.

**For an interview with Michelle McKinney Hammond, contact
Pure Publicity at ben@purepublicity.com or 818.753.4056**