



## **'Stress and Stones' by John Mehrmann is Featured in '101 Great Ways to Improve Your Life Vol. 3'**

*"101 Great Ways to Improve Your Life Volume 3" is a compilation of articles by expert authors from around the globe. The book provides useful tools to focus personal creativity for happiness, success and powerful affirmative life changes.*

Los Angeles, CA (PRWeb) March 20, 2007 -- "Stress and Stones" is an inspirational and motivational essay on achieving serenity and a balanced life.

The article by John Mehrmann is featured in the new book, "101 Great Ways to Improve Your Life, Volume 3." The book is a compilation of articles carefully selected by David Riklan, President of Self Improvement Online Inc. This latest addition to the series features other notable motivational speakers and authors including Ken Blanchard, Marc Victor Hansen, Byron Katie and Les Brown.

"I was asked to produce an essay about Serenity," said John Mehrmann. "You can't have light without the darkness to place it in, so this article is about achieving a balanced life by creating a bridge from stress to serenity."

The book features inspirational articles to find positive qualities in a negative world. The compilation of insight and advice from leading authorities provides useful tools to focus personal creativity for happiness, success and powerful affirmative life changes.

The initial limited release of this volume is only available for purchase online. Copies are available for Volume 3, and for the complete series. Notable authors included in other books in the series include Zig Ziglar, Jack Canfield, Dr. Richard Carlson, Dr. John Gray, Bill Harris, Mike Brescia, Jim Rohn and Joe Vitale.

John Mehrmann is a freelance author and motivational speaker. His essays and articles have appeared in numerous web sites and publications.

The article "Where to Find Loyal Customers" by John Mehrmann was recently featured in the January / February edition of "Pros Communications". Pros Communications is a publication dedicated to real world strategies for professionals, entrepreneurs and small business owners. For a copy of this article, please visit [www.ProsCommunications.com](http://www.ProsCommunications.com)

Additional articles for reprint and distribution are available at [www.ExecutiveBlueprints.com](http://www.ExecutiveBlueprints.com) , and from [www.JohnMehrmann.com](http://www.JohnMehrmann.com)

Executive Blueprints is an organization dedicated to talent managements and human capital development. It has produced reference materials on Six Sigma Process Improvement, A Resume Design Guide, tools to Interview for Excellence, Communication Skills, Change Management, Security as a Management Issue, Ownership and Classification, and a Guide to Creating Corporate Ethics. These materials are available as self-paced training courses with companion workbooks featured online at <http://www.InstituteForAdvancedLeadership.com>



"Just imagine getting five minutes of personal insight and advice from any one of the world's leading experts. Then imagine having it handed to you from 101 of them. This is the treasure trove of knowledge that is compiled in this book," said John Mehrmann.

To purchase a copy of "101 Great Ways to Improve Your Life, Volume 3", with a limited time offer for special bonus materials, please visit <http://www.1shoppingcart.com/app/?Clk=1805658>

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