

**AVAILABLE FOR INTERVIEWS NOW**

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**How to Live the Life of Your Dreams!  
PSYCHOTHERAPIST REVEALS THE “GIFTS” WE ALL POSSESS TO  
DESIGN AN EXTRAORDINARY LIFE**

As a young teenager, psychotherapist Daphne Michaels had a vision of two human worlds—one of love and one of suffering. She couldn't reconcile the two, but she knew she needed to try if she wanted to find for herself and others the keys to living a life that held real meaning and joy. That vision became a life-long journey and, years later, an institute where Michaels would help hundreds of women and men transform their lives through her discoveries.

In *The Gifted: How to Live the Life of Your Dreams*, a groundbreaking new book in the field of personal development, author Michaels shares her discovery of the nine “gifts” we are born with that can ensure the life of our dreams.

“The first three ‘gifts’ we must recognize and embrace if we’re to re-design our lives are *Awareness, Potential* and *Stillness*,” says Michaels.

“Abstract though these terms may sound, they’re incredibly powerful, life-changing states within us — if we will only get in touch with them. These first three allow us to identify and put to use the remaining six gifts — *Disharmony, Harmony, Ease, Clarity, Freedom* and *Engagement* — and completely change our lives through them. We have the power within us to live the life of our dreams.”

“The widespread problem my book addresses is that most people feel powerless and unfulfilled in their lives to one degree or another,” adds Michaels. “These nine gifts, which make each and every one of us ‘The Gifted,’ are the keys to unlocking a life of authentic happiness.”

In an interview about her book, Michaels will answer questions like:

- What are the nine gifts we are born with?
- What’s the real source of unhappiness?



- How can we use these gifts to design the lives we most want?
- What kind of commitment does it take to truly transform our lives?
- Once we make a commitment to design the life of our dreams, what obstacles will we face and how can we overcome them?

Other interview topics Michaels can address with her “nine gifts” discoveries include:

- Let Go of Your Past and Claim Your Future: Dare to Be Who You Want to Be
- Love Is Power, Not Weakness: How to Access the Real Power of Love
- You’re Not a Victim: How to Take Charge and Be the Hero of Your Life
- Can We Really Change? How to Become Who We’re Meant to Be
- You Have the Energy—Use it! Finding the Energy You Didn’t Know You Had

Daphne Michaels is an author, speaker, and licensed psychotherapist with over 25 years of experience. Michaels is the founder and director of the Daphne Michaels Institute, which has helped men and women transform their lives for years.

In 2005, Michaels hosted a lively radio program that aired weekly to a broadcast audience of two million people in the Pacific Northwest. On her program she interviewed such international figures in the fields of personal development and spirituality including Ram Dass, Julia Cameron, Dr. Masaru Emoto, and Thomas Moore. Her first book, *Light of Our Times: Conversations with Today’s Leaders and Spirituality* (2006), shared those powerful interviews.

Michaels’ newest book, *The Gifted: How to Live the Life of Your Dreams*, is the first book in a five-book series. Forthcoming books in *The Gifted* series include:

- *The Gift of Your Dreams: How to Make Your Visions Real*
- *The Gift of Charisma: How to Take Your Life to the Next Level*
- *The Gift of Creativity: Seven Steps to Extraordinary Living*
- *The Gift of New Sunrises: How to Partner with Nature for Greater Success*

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*The Gifted: How to Live the Life of Your Dreams* will be released May 28, 2014 at [Amazon.com](http://Amazon.com), bookstores nationwide and featured in the New Title Showcase at Book Expo America in New York. To schedule an interview, please contact Daphne Michaels at her institute: 253-627-7257.

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