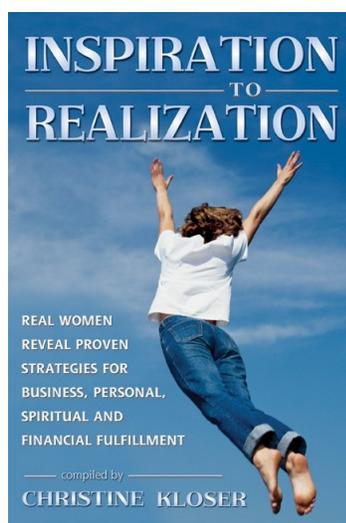


Media Contact: Mabel Katz
Your Business Press
Email: info@mabelkatz.com
Tel: 877-262-7470

For Immediate Release

Mabel Katz, [Self-Identity = Business Success](#)
[Discovering the real you](#)
[/ Your Business Press](#)

One Of 41 Contributors In New Book To Be Released December 1, 2004



LOS ANGELES, California, December 1, 2004 – Mabel Katz [Self-Identity = Business Success, Discovering the real you / Your Business Press](#) is one of 41 women entrepreneurs whose expert chapter is featured in the newly released book: *Inspiration to Realization: Real Women Reveal Proven Strategies For Business, Personal, Spiritual and Financial Fulfillment*.

Compiled by Christine Kloser, *Inspiration to Realization* offers a master plan for personal and professional breakthroughs and summits. Divided into three sections -- spiritual, personal, and business/financial -- the topics covered include:

- Five ways to tune into your intuition and trust your soul.
- Two tips to attract a successful romantic relationship.
- How to take care of yourself... first.
- Two simple strategies to get what you want, when you want it.
- A nine-step process for creating the life of your dreams.
- Six techniques to be in the flow of abundance.
- Simple methods for reducing stress.
- Seven tools to design and manifest a balanced, healthy and fulfilling life.

Like a symphony of self accomplished female professionals, *Inspiration to Realization's* authors reflect a varied group of successful artists, business owners, life coaches, consultants, CEOs, TV executives, inventors, and psychologists. They are also thriving individuals, girlfriends, wives, mothers, daughters, grandmothers, and sisters.

The book's premise holds that women collectively share in the pursuit of a vibrant, well-rounded life. Yet, an overemphasis on career and business endeavors while shortchanging personal or family matters carries a profound unseen cost. Conversely, if an individual's focus strays too far into the spiritual at the expense of long-term financial consideration, then true freedom becomes fleeting. This book is simply about having it all.

Mabel Katz contributed chapter 20 entitled: **Self-Identity = Business Success**
Discovering the REAL YOU

Excerpt from Discovering the REAL YOU

The most important question you can ever ask yourself is "Who Am I?" Sadly, some of us get so busy "doing life," making money, creating families, running businesses, starting new careers—that we never really stop to figure out who we really are.

Knowing yourself is realizing you were created as a unique being, and there is something special you can do better than anybody else. Once you figure out what it is, by discovering the true YOU, everything else will fall into place. It's the secret to your success and happiness, business-wise and everything-else-wise.

Until I learned this, I was weighed down by trying to be perfect and do what others expected of me. I believed my happiness was in the material things, and I paid little attention to what my heart really wanted. I only believed in those things I could see or touch. Then one day, when my son yelled at me in the same angry voice I'd been using for years with him. I had a sudden awakening; it was time to work on myself.

My path to self-discovery led me to the principles of the ancient Hawaiian art of **Ho'oponopono**, which I'm sharing with you here. It saved my life! I started my own business after separating from 20 plus years of marriage. I got out of my own way and began to trust my inner wisdom, letting the part of me that knows best guide me. I let go of opinions and judgments of others and myself and now, I have more than I ever would have imagined in every area of my life.

Growing up we are either told to be perfect or we are not good enough. It's human nature to go through life unconsciously replaying those "old tapes" in our heads. The day I realized I could just be myself, a big weight lifted off my shoulders. Let me be the first to tell you if you don't already know: You are okay just the way you are.

What other people think of you is not important; what's important is what you think of yourself. You need to learn to put yourself first. The truth is, if something doesn't work for you, it will not be good for anybody. Loving and accepting yourself has nothing to do with ego. If you do not love yourself, you cannot love anybody else. You cheat them —and yourself.

There are a few simple principles and steps to help you look at your life differently and develop a new "true" self image, which will in turn, translate into the success you are seeking.

Publication Date: December 1, 2004
Paperback Original/ISBN# 0-9664806-3-5