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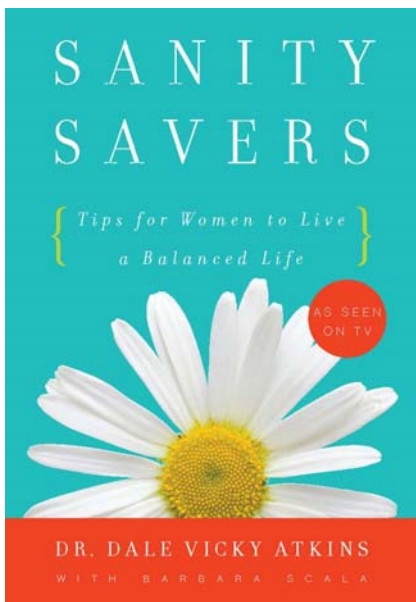
**CONTACT:**

Sharyn Rosenblum

212-207-7470/sharynrosenblum@harpercollins.com

*The kind of book  
women give to their  
best friends, daughters  
give to moms, and you  
keep on your bedside  
table for a lifetime...*

**Beloved psychologist “Dr. Dale” of *Today Show* fame gathers her best tips and strategies to help women restore and maintain balance in their lives**



## **SANITY SAVERS: Tips for Women to Live a Balanced Life**

*Can't get along with your partner?*

*Received a scary health prognosis?*

*Trying to get pregnant?*

*Boss driving you nuts?*

*Juggling work and kids with no help?*

*Caring for ill parents?*

*Feeling too old to get back to the dating game?*

*Needing to spice up your sex life?*

If any of these life situations strikes a chord or if you have a few of your own that send you up and down the emotional see saw, Dr. Dale Atkins, Ph.D. wants you to know: you *can* cope, you *can* survive, and you *can* thrive.

In **SANITY SAVERS: Tips for Women to Live a Balanced Life** (Avon A/An Imprint of HarperCollinsPublishers; On sale: February 20, 2007; ISBN 978-0-06-1242953; \$12.95 Trade Paperback Original), “Dr. Dale” as she’s known to audiences across America, calls on 25 years of experience as a psychologist to help women unravel life’s challenges, from lighthearted to life-changing events. Known for her sage advice and warm manner as a regular on *The Today Show* she has put together 52 weeks of invaluable daily tips, thoughts, and suggestions for women to restore balance, order, simplicity and happiness in their lives—for the *rest* of their lives, and no matter what comes their way.

“It seemed to me that the women I met in my life and in my practice were often out of balance, unaware that they were even seeking a way to find equilibrium in their lives,” says Dr. Dale. “When they came upon a plan that worked, it was temporary...it worked until their kids came home and began arguing, until their boss was fired and the office environment shifted, until they were diagnosed with cancer, until their mom became scarily forgetful, until their partner was laid off. I asked myself: Is it possible to have balance in your life no matter what you’re dealing with?” In **SANITY SAVERS**, readers discover that the answer is decidedly, yes.

Dr. Dale boils her coping strategies down to what she calls The Five S’s:

1. SELF – Maintain a healthy body, mind, and spiritual connections.
2. SUPPORT – Be with people in your life who you care about and who care about you.
3. SURROUNDINGS – Connect with nature and create a peaceful place for yourself.
4. STIMULATION – Live a life with purpose, curiosity, and passion.
5. SAVOR – Take time to “be,” have fun, and appreciate the gifts in your life.

To support and expand on *The Five S's*, Dr. Dale offers readers a year's worth of illustrative life lessons presented in a day by day format. (Monday through Friday with one for the weekend). Incorporating ideas both profound and simple, presented in terms that are always accessible, Dr. Dale's tips cover tops in 9 categories: well-being, work, family, friends, midlife, community, single, parenting, and partner. A few examples are:

**Single, Well-Being: Treat Yourself Well as a Single Woman**  
**Partner: Healthy Communications with Your Significant Other**  
**Friends, Family: Surviving a Weekend with people Who Disturb Your Peace**  
**Work: Take This Job and Love It**  
**Well-Being: Don't Stop, Keep Exercising**  
**Partner, Midlife: Spice Up Your Sex Life**  
**Midlife, Family, Partner, Community: You're Retired, Now What?**

As inspiring as it is reassuring, **SANITY SAVERS** is an essential resource for every modern woman.

### **About the Author**



Dale V. Atkins, Ph.D. is a licensed psychologist with more than 25 years of experience as a relationship expert, focusing on families, couples, parenting, aging well, managing stress and maintaining balance in one's life. Author of several books, articles, and journals for popular and professional audiences, Dr. Atkins is a much sought after lecturer and keynote speaker as well as a recurrent guest expert in the media. She frequently appears on NBC-TV's "Today Show." Dr. Atkins has a private practice in New York. For more information: [www.drdaleatkins.com](http://www.drdaleatkins.com)

### **SANITY SAVERS: Tips for Women to Live a Balanced Life**

Dr. Dale V. Atkins, Ph. D.

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**SANITY SAVERS is one of the premier titles in the launch of Avon A, an exciting new trade paperback imprint from HarperCollins focusing on women's fiction and nonfiction.**