



HOT BOOKS IN THE MEDIA

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101 Simple Suggestions and Quotations to Express Compassion and Empathy (An aid in healing ourselves and the world)

About the book... *101 Simple Suggestions...* outlines easy tips for expressing compassion in everyday life. Author Linda Furiate's personal experience with a disability inspired her to share the simple truths she has learned about compassion in this timeless book.

"Everyone struggles to find the right things to say or do when a friend or loved one returns from war, experiences death, is diagnosed with cancer, loses a job, or struggles with a disability," says Furiate. "My hope is this book will serve as an inspirational resource for anyone looking to develop more compassion in their life."

Excerpts from the book...

#7 "Let the person behind you in the grocery store who only has a couple of items, go ahead of you when you have a cart full of food."

#27 "When invited into someone's home for a gathering, always bring a small gift of appreciation."

#34 "Write a short story about your life. Focus on a great ending and how you want to be remembered. Do not be afraid to live your dream."

#50 "You can never leave where you are, until you decide where you would rather be."

About the author... The daughter of an Army veteran, Linda Furiate was born in Frankfurt, Germany. At the age of seventeen, she entered the United States Air Force. During her tenure with the Air Force, she rose to the rank of sergeant and served as a consultant to the White House and U.S. State Department. In 1986, Furiate was honorably discharged and began a new career in business. However, her swift rise through the ranks abruptly halted in 1995 when Furiate experienced a life-altering car accident. The accident left her afflicted with a rare, incurable neurological movement disorder called cervical dystonia (CD), which is characterized by severe, involuntary neck and shoulder muscle contractions.

Since then, Furiate has begun to look at the world in a different way and developed a physical therapy regime that has helped her eliminate most of her symptoms. Though she has faced two relapses, she is thankful that her expertise now allows her to help others become less symptomatic. Furiate now works as a freelance business consultant specializing in personal development coaching. Leveraging her military experience, Furiate founded a company called Portraits in Determination and serves as a mentor and peer counselor to wounded veterans, individuals with physical disabilities and people suffering through adversity.

Single with one grown child, Furiate has resided in Columbia, Maryland, since 1995. For more information about Linda Furiate and *101 Simple Suggestions and Quotations to Express Compassion and Empathy*, visit www.portraitsindetermination.com or www.care4dystonia.org.

**ORDER NOW: Linda Furiate's 101 Simple Suggestions and Quotations to Express
Compassion and Empathy**

Available through: iUniverse, Inc.

(800) 288-4647

ISBN: 0-595-32413-4

Publication date: June 2004

Paperback, 103 pages

Recommended retail price: \$12.95

Genre: Self Help