

Available For Immediate Interview

7/22/08

Contact: Dina Dove 417-529-5990

Email: dina@bagladysguide.com

Website: www.bagladysguide.com Available For Immediate Interview

The Hidden Blessing in a Foreclosure, the IRS or Getting Fired

Woman Who Lost It All Tells Your Listeners How To Live a Better Life

Discussion Topic

It's a hard time to be an American. Nearly half of us are struggling to stay afloat financially. 4 in 10 Americans live paycheck to paycheck...and they are just pleased to have jobs at a time where the unemployment rate is rising. "It is not our circumstances, but our attitude toward those circumstances that dictates the quality of our lives," says Dina Dove author of the new book "The Baglady's Guide to Elegant Living." She should know. At age 41 Dove plummeted from a successful business owner to unemployed, newly divorced and 250-thousand dollars in debt. Dove turned her life around by realizing all hardships are blessings in disguise.

Talking Points

- With such a terrible economy and turbulent political climate, don't Americans have the right to be upset?
- Isn't it trite to think a better attitude will solve all our financial, job and relationship problems?
- Is giving yourself over to let life lead you an excuse to be a deadbeat?
- How did you pull yourself up from financial and emotional devastation?
- What do you mean there are 'gifts' in store for listeners who will open themselves up to a more positive outlook?
- How much does faith play a role in changing your life?
- Why do you use a fable to illustrate how to change attitudes?
- Baglady and Elegant seem like such opposite words – why did you choose them for your title?
- Don't you have bad days?

Topic Overview

66-percent of Americans are less than 'very happy' according to the latest Pew Research Center poll. It's no wonder: 47-percent of Americans are struggling to stay afloat financially and half of all Americans are on medication for physical or emotional issues. Depression is running rampant in our society.

"Even if your health is failing and your bank account is dismal, your outlook doesn't need to be negative," says Dove.

She should know. At age 41 she went from a successful business owner to broke, newly divorced, unemployed and 250-thousand dollars in debt, and the IRS was knocking on her door.

She turned her life around in the same way she says all Americans can: by opening herself up to a new perspective.

"I used a fable to teach others what it took me so long to learn: you can choose to see each event in your life as tragic, or choose to see it as a gift. We have the power to give up the anger and resentment holding us back and focus on insight, forgiveness, acceptance, tolerance and love. The quality of a person's life is directly related to where they put their attention. Most of us are looking to the future, figuring we'll be happy when we get out of debt or fall in love. But if you learn how to be happy and grateful right where you are, you'll open yourself up to the gifts of a better life."

###

About Dina Dove

Since the mid 1970s, Dina Dove has founded several businesses and co-authored two multi-media life-coaching programs. But it was the life-changing circumstances in her own life that inspired her to write her first fable, "The Baglady's Guide to Elegant Living." At forty-one she walked into an uncertain future; broke, newly divorced, with no job, no unemployment pay, \$250,000 in debt and the IRS knocking at her door. Far from the tragic devastation that she expected, she stepped into the world empty and found a life that was magical beyond her wildest dreams. As a life coach, inspirational speaker, and workshop leader, Dina Dove is dedicated to helping others find the blessings hidden in their lives. Through the work she does, people remember who they really are at their deepest core and discover their unique path to personal fulfillment.

www.bagladysguide.com

Contact Dina Dove: 417-529-5990

Email: dina@bagladysguide.com

