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Media Kit

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*Pay Attention, Say Thank You-
Seven Rules & Practices for
Joyful Living*
by M. Gail Woodard



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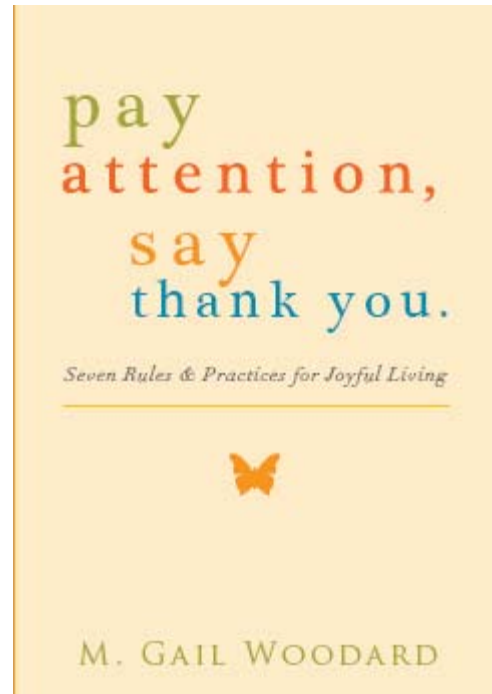
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Book Summary

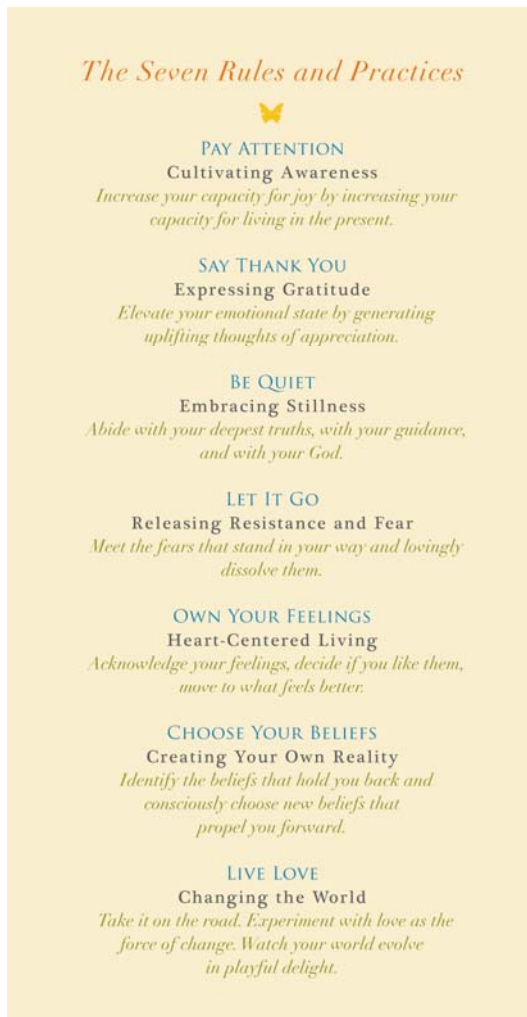
Pay Attention, Say Thank You is a simple guidebook that takes the reader through seven life practices which the author says will bring joyful living to anyone. Woodard suggests that anyone who tries the practices will see the results; there's nothing to believe except your own experience. The first three rules, Pay Attention, Say Thank You and Be Quiet are easy behaviors to incorporate into your life. The remaining practices – Releasing Resistance and Fear, Heart-Centered Living, Creating Your Own Reality, and Changing the World – are a bit more complex. Woodard describes them as “ongoing, creative approaches to living life with intentional joy.”

Woodard emphasizes that it is “the conscious performance of these practices, the *practicing* of them, that allows remarkable change and growth to occur...Unless you use them daily, they will



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remain simply words and concepts, and your life won't change." She likens these practices to aerobic conditioning. Increasing your capacity for joy, she says, requires exercise and practice, just like increasing your aerobic capacity requires physical exercise.



Woodard points the reader to sources for the science that backs up her claims and she makes the point repeatedly that the reader always has the choice to try out the practices or not. She neither preaches nor demands, but rather invites you to jump in and have your own experience, experimenting bit by bit and even explaining how to reorganize your thinking patterns consciously to overcome your own resistance and patterns of belief.

Woodard's final, unusual chapter is a call to action – for readers who have moved themselves into joyful living to 'take it on the road.' Woodard says "conducting experiments in love to change the world is a delicious practice that the world desperately needs from you. All it requires is conscious effort to shift your thinking and to act intentionally with love... This final practice calls on you to use your knowledge to bring joy and creative responses to life's circumstances involving others."

Full of personal testimony and warmth, *Pay Attention Say Thank You* is a welcome companion for all self-help 'junkies,' a wonderful gift for friends and family caught in challenging circumstances, and an inspiring proposition – that each of us can really do something now to change the world around us.

**About M. Gail Woodard, author**

Born in Boston, M. Gail Woodard graduated from Albertus Magnus College and earned an MBA from Yale University. After fifteen years in the corporate world, primarily in commercial banking and real estate, she closed her consulting practice and began a new adventure - home-schooling her three sons, then ages 8, 6 and 3. For the next



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decade, Woodard and her sons learned and grew together, exploring all their Santa Barbara, CA neighborhood had to offer, traveling around the U.S. and living in both Mexico and France.

Presently, Woodard lives in southern Arizona where she writes, sells real estate (www.headquarterswest.com), and teaches Finance at the University of Arizona South. A certified Kripalu Yoga teacher, Woodard also teaches yoga in Sonoita and Patagonia. Woodard is co-founder and Managing Director of HatBox Journeys (www.hatboxjourneys.com) which produces CD-based inner journeys for women. *Pay Attention, Say Thank You – Seven Rules & Practices for Joyful Living* is her first published book.

**About *Pay Attention, Say Thank You* – a note from the author**

Pay Attention, Say Thank You – Seven Rules & Practices for Joyful Living had its genesis during a Kripalu Yoga Teacher Training workshop I attended in 2007-2008. We were asked to share our life philosophies with each other. My notes in response to this invitation became the outline of this book. The notes kept calling out for a life beyond my journal and, over the course of the next several months, the book emerged. –Gail

**About Dudley Court Press**

Dudley Court Press encourages independent writers of fiction and non-fiction to achieve their dreams of seeing their work in print. We work with writers who are exploring the world of self-publishing, assisting them in clarifying their own publishing goals and determining the most satisfying course of action for each project. We help writers wade through the details of self-publishing to achieve personal fulfillment, utilizing independent resources as necessary for editing, book design, printing and distribution. For more information, contact us at www.dudleycourtpress.com or at P.O. Box 102, Sonoita, AZ 85647 520-455-5363.

**Book Excerpts – copyright © 2009 M. Gail Woodard****Excerpt #1 - from the Author's Preface to *Pay Attention, Say Thank You***

What I will share with you in this book is not new. Great spiritual traditions, religious teachers, philosophers and poets have said the same things in far more eloquent ways for millennia. What I can offer you is a simple, practical handbook of seven specific behaviors that will change your life. You don't have to believe anything. Just follow the rules, use the tools and cultivate the practices, with an open mind and an open heart. Be curious, be diligent, and be willing to allow Joyful Living into your life.

On Becoming a Playful, Light-Hearted, Loving Person Who Understands How Life Really Can Be Heaven on Earth

You know the difference in how you feel when you are elated, in love or wonderfully satisfied versus depressed, fatigued or overwhelmed. In the positive states of being, you feel light and powerful. Everything is easy and goes your way. Positive emotional states carry high vibration, high energy. In the negative states of being, you feel heavy, powerless and nothing goes right. Negative emotional states carry low vibration, low energy.

Most of us think that these emotional states *happen to us*. The truth is that we have more control over our emotional state than we imagine. Everything you will read in this book will help you take charge of your emotional state. You will learn how to deal with the circumstances of life – even the painful ones – and still maintain a high vibration or high-energy positive emotional state.

By following the rules and using the tools and techniques in this book actively every day, that is, by making each of these practices into a habit, *you will change who you are*. You will raise your energetic, vibrational level to the point that you will be a different kind of person. As you become lighter and more playful, more joyful, more loving, you will find life becomes an amazingly delightful experience, full of little miracles, astonishing ease and way more fun than you could imagine. You don't have to believe me. Try it yourself. What would your life be like if you were joyful most of the time?

The ideas in this book may sound crazy, but they work. The seven rules or behaviors described here are the basis of all great teachings on living a fulfilled life. They are what respected philosophers and teachers have been saying forever. They are simple truths. I'm just presenting them in another way – *with the call for you to practice them to make them habits in your life*.

Once these behaviors and tools are habits for you – and it takes only three weeks of daily practice to make something a habit – you will be astounded at the difference in your life.

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*Pay Attention, Say Thank You***Excerpt #2 – From the Introduction to *Pay Attention, Say Thank You***

As you incorporate the practices into your daily routine, you will find that you can easily create life and all its circumstances in the way you want them to be. It sounds magical, doesn't it? Well, because we've been taught differently, yes, it appears to be magic. You are actually learning to play the game of life with a different set of rules, a set of rules that is becoming available to all of us now.¹ We do have enormous powers, and they are delightful to use.

Here are two tiny examples of what will become common realities for you as you integrate the practices into your life.

1. In our car-centered society, it seems that we are always in need of parking places. As you begin to pay attention and say thank you (the first two rules or practices), somehow parking spaces start to open up for you *right in front of wherever you want to go*. I'm not even going to try to explain it. Just follow the rules and watch this happen for you. When it does happen, remember to say thank you!

2. Sometime when you're looking for something to wear, or trying to decide what to make for dinner, or looking for the right parts and tools to complete a project, and there's *nothing* in your closet/pantry/tool shed, stop for a moment. Close your eyes, take a breath and say to yourself (out loud is even better), "I have everything I need right here, right now." Indulge yourself in really believing this statement. (This will come easily as you do the practices.) Then open your eyes and look around again. I guarantee you will find amazing and creative solutions to your attire/dinner/do-it-yourself project. And you will be *so* delighted with yourself for your creativity! (Remember to say thank you!)

A Final Note of Introduction

These practices don't *require* that you change your diet, your lifestyle, your relationships, your religion, your job or anything else. If you observe them regularly, though, you will find your perspectives changing, and those changes in perspective may shake up your life. As you integrate these new behaviors into your life, you will be training yourself to live lovingly, and that means that you and everyone you touch will be blessed, no matter the changes that seem to want to unfold in your life. You will have the choice, as you always do, to step forward, backward, sideways or off your own path at every juncture, every day, in every moment. You are free to determine how joyfully you want to live on any given day

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Book Reviews

Review by **Dr. Rob Rich**

Reviewed in <http://mudsmith.net/bobbing.html>
by Dr. Bob Rich <http://anxietyanddepression-help.com>

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With my background of counseling, meditation and positive psychology, I have found everything in this book to be familiar. The author herself says in the introduction that she is presenting age-old wisdom, and so she is.

This also means that her message, the tools she teaches, are valid.

That's the first requirement for a self-help book. The second is to present it in a way that will induce the reader to read on. This book's language is clear, chatty, amusing in parts, inspiring in others. Because it's an instructional, you are not supposed to read it from cover to cover, but point by point, thinking about each. I found that even though I did this, going on to other things in between, I kept coming back to it. Test passed.

The third, and most important criterion is that the reader should be motivated to do more than read and think: to ACT, to DO. On this criterion, the book is excellent.

Even though I already routinely practice many of Gail's recommendations, I found myself doing them while reading. Were they new to me, they would lead me to a sense of wonder and joy, a liberation.

And that's the purpose of the book.

I can recommend it.

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Review by **Jean English, Editor, The Maine Organic Farmer & Gardener**

Pay Attention, Say Thank You
Seven Rules & Practices for Joyful Living

by M. Gail Woodard

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Pay Attention, Say Thank You

In *Pay Attention, Say Thank You*, Gail Woodard explains seven techniques for leading a more joyful life. She combines clear, down-to-earth language with her own experiences—as one of ten children; as vice president of a major bank; as the mother of three sons; and as a decades-long yoga student and now a yoga teacher—to distill and impart the wisdom of various cultures in ways that will benefit readers from many walks of life.

Reminders to practice the first three techniques—Pay Attention, Say Thank You, Be Quiet—kept coming to mind as I went about my days after reading the book, and I quickly began to enjoy more of the little things in everyday life. Woodard's advice to practice positive feelings and learn to control how we feel is akin to cognitive behavioral therapy: Both can, literally, change our brain chemistry for the better.

The four advanced practices—Releasing Resistance and Fear, Heart-Centered Living, Creating Your Own Reality and Changing the World—are bigger challenges with bigger rewards. Woodard provides step-by-step instruction for ways to deal with the “pesky demons” that we all have so that we stop “feeding them with drama, which is how they survive.” The result is a healthier, less stressful, more joyful life; a life in which we learn to let go of things we can't change; get over injustices; and get on with the good stuff.

Woodard's examples of turning her own problems and painful life experiences, big and small, into a joyful life are valuable. An episode in which she did not get what she ordered at a restaurant may seem trivial but proves powerful as she uses it to teach us how to “help people provide you with what you really want” in life. Describing her own fallibilities [“I suffered with this anger all day and overnight (as did anyone who came in contact with me).”] and how she's worked on them reveal her warmth, understanding and humor—traits that come across readily in the book and make us feel that we, too, can succeed in making our world a more joyful place.

Playing the “What if...” or “Wouldn't it be nice if...” game offers a wonderful technique for seeing yourself in a new way and for realizing a desired goal. Reading this part of the book, I kept thinking, “Wouldn't it be nice if our world leaders played the ‘Wouldn't it be nice if...’ game?” Like the reader, they could “examine the beliefs that hold you in unhappy, unproductive or unsatisfying places.”

Pay Attention, Say Thank You offers many options for achieving joy and fulfillment in your own life, and for spreading that joy to others in small ways that can make a big difference, whether you end up using Vipassana Meditation or going fishing (just two of several ways that Woodard recommends to Be Quiet). This is a great book to read quickly and make rapid, small changes in your life; to re-read a few times in order to make even more profound changes; and to keep on the shelf for times when you might question your job, relationships, money issues or other important parts of your life.

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Reader Comments

“Following the suggestions in this book has the power to transform any life, no matter how messed up, into something worthwhile and joyful.”

- Diane Pezza RD, CDE, Yoga Teacher, Massachusetts

“A book the world needs.”

- Adelle Demko, Demko Resource Group, California

“I used some of your exercises in my personal retreat in September and found them extremely helpful, the Belief Game in particular. They really helped me dig down deep and ground myself in what I wanted to achieve. So, as a reader, thank you for the guidance. It proved very effective.”

- Suzanne Hocking, Trellis Editorial, New Zealand.