## BETWEEN THE LINES

We are what we repeatedly do, ellence is therefore not an act, but a habiti - Aristotle

## Rich Habits Rich Life

The Power of "Me We Do Be" Habits, Rituals and Routines

Randall Bell, Ph.D.

## RICH HABITS RICH LIFE

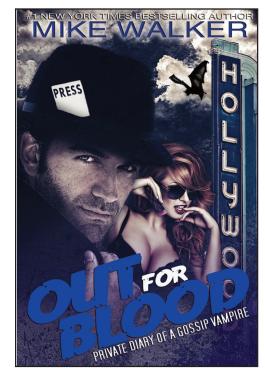
By Dr. Randall Bell

Using a scientific method to identify why some people succeed and others fail... Dr. Randall Bell's bombshell survey for his new book, Rich Habits Rich Life: The Power of 'Me We Do Be' Habits, Rituals and Routines, is landmark research detailing the daily habits of professionals, students, stay-at-home moms, retirees, the unemployed and millionaires. He has scientifically identified the link between everyday habits and many measures of success, making it one of the most significant sociological studies ever conducted!

Thousands of people from every walk of life around the world, participated in his research. "There is no 'one-size-fits-all' when it comes to success," says Dr. Randall. "Some define it as wealth or fame, finding the right partner, having a happy family, completing a degree or mastering a musical instrument – while others see it as beating a life-threatening illness." Rich Habits is fun, intelligent and delivers fascinating insight into the behaviors that lead to disaster, recovery or prosperity.

Just as one bad habit can ripple out with destructive consequences, so a good habit — something as simple as making our bed, waving at a neighbor, or having dinner as a family can become something wonderful! In his book, the result of 25 years of research, Bell masterfully links classic behavioral research with his work on high profile cases including Chernobyl, the World Trade Center and OJ Simpson — to reveal why some dive, some survive, and others thrive.

Randall Bell, PhD has been featured in the Wall Street Journal, PEOPLE magazine, The New York Times, Chicago Tribune, Los Angeles Times, CNN, and every national TV network. He is an in-demand speaker around the globe and earned his PhD in Human and Organizational Systems from Fielding Graduate University, and his MBA from UCLA. Dr. Bell is a socio-economist and the CEO of Landmark Research Group, LLC. He is married with four children. www.richhabits.com www.pgw.com

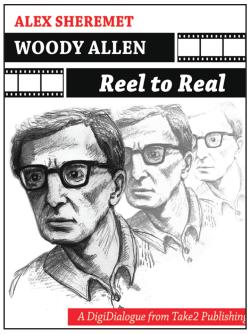


**OUT FOR BLOOD** By Mike Walker

From iconic, take-no-prisoners gossip columnist Mike Walker (National Enquirer) comes his book, Out For Blood. Although it's supposed to be a work of fiction — coming from Walker, who Howard Stern stated... "Mike Walker is the Hemingway of gossip," we have to wonder... is ALL fiction, or could parts be based on some real life dirty celeb secrets Walker knows about? Real secrets do fly under the Hollywood grapevine radar that can make or break Tinseltown's red carpet crowd.

Out For Blood, is a crazy roller coaster ride in the life of a strange dude named, Clark. Like Walker, Clark knows everything there is to know about the sordid and torrid underbelly of the beast known as Hollywood. In the "backbiting" world of entertainment that Clark lives, works, and breathes in (take that literally because just as everyone in Hollywood has secrets — so does Clark). He's a vampire! And, besides liking blood, he likes to use a sort of underhanded kind of blackmail — his way-with-a-pencelebrity-gossip-writing-power to wrangle "goo" on Hollywood's hottest, and most scandal plagued stars. Clark is funny, mean, vampire ravenous and, likeable in a strange way, all at the same time.

Clark sets his blood thirsty sights on one highprofile, but nonetheless nauseating Hollywood hottie, Taylor Logan. Constantly in the headlines for outrageous, turbulent, diva behavior, Taylor proves to be just what the doctor recommends to feed Clark's appetite. But wait. Could it be that this time, somebody beats Clark to "outing" Taylor's dirty laundry? Taylor's nemesis Roma Kane wants to bring Taylor to her knees. Does Clark's blood thirsty feelings for Taylor translate into him "falling" for her? Have the tables turned, and now is someone out to get Clark? Will he suck their veins dry and live to write another Hollywood gossip column? Want answers? Buy the book. It's on Amazon.com.



WOODY ALLEN: REEL TO REAL, A DIGI-DIALOGUE By Alex Sheremet

The ultimate resource for fans and critics of Woody Allen. The author of Woody Allen: Reel To Real, a Digi-Dialogue, film critic, Alex Sheremet, delves into the life of one Hollywood's most interesting and talented figures in cinema. Allen's work is explored in a book that will never go out of style.

With one of the biggest cult followings of any artist, Allen is the most written about director in the history of film. Sheremet covers Allen's films as works of art, dealing with characters, visuals, framing, music, narrative, and intellectual depths across each piece of work. An accessible guide to Allen's movies, at 600+pages, the book covers every film Allen has ever written, directed, or otherwise acted in, and responds to five decades of Woody-related criticism before turning the tables on Woody's opinions on art, life, and philosophy. "My hope is that readers will come away knowing more of art and cinema as a whole, then apply these ideas to new artworks in a way that is logically consistent and self-sufficient, while avoiding the common pitfalls of artistic criticism," Sheremet says.

Woody Allen: Reel To Real will be updated with new essays, articles, and reader/critic feedback every 6-12 months, ensuring that others become a part of the publishing process. Updates will sync with purchased copies. Given its interactive nature, Reel To Real will grow with Woody Allen's new work, and the critical discourse surrounding it.

Alex Sheremet is a writer from Belarus. As a poet, critic, and novelist, he became interested in film as a means of furthering his own art, and stayed because of everything that film taught him. He graduated Valedictorian of Macaulay Honors College in New York City with a BA in Classical Studies & English. His work has appeared on Cosmoetica, Blogcritics, Scholastic, and other publications.

www.alexsheremet.com

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