

Author Anthony Parnell To Sign and Lecture at Panera Bread August 8, 2008

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Agency: **Strategic Vision, LLC**

Los Angeles, CA/ August 4, 2008- Anthony Parnell, author of The 7 Laws of Stress Management, will be holding a book signing and lecture for his critically acclaimed book on August 8th at the Panera Bread, Peachtree Corners, located at 3280 Holcomb Bridge Northwest, Norcross, GA. The lecture will begin at 12:00 noon and last until 2:00 p.m. The lecture will be followed by a question and answer session and the book signing.

The 7 Laws of Stress Management, is an excellent tool for empowering individuals to be proactive in developing and implementing daily habits of living – a lifestyle – that fosters growth, balance, and well-being in one's personal and professional life. The 7 Laws of Stress Management identifies seven key laws for daily living and guides readers through seven simple steps to developing and implementing an effective stress management plan.

In addition to The 7 Laws of Stress Management, Anthony Parnell has also written Healing Through Writing, Mind Games, and In Search of Soul, all of which are written to inspire readers to overcome adversity and facilitate one's emotional and spiritual growth. Parnell's workshops reflect his concepts and philosophies about individual and group development and are based on the diversities of his own personal and professional experiences. Parnell has made many guest appearances on television and radio as well as public presentations at local and national events as a guest speaker, poet, and moderator.

A native of Akron, Ohio, Anthony Parnell is a graduate of the State University of West Georgia, Clark Atlanta University's Graduate School of Social Work and has studied abroad at the Universidad of Salamanca in Salamanca, Spain.

Additional information on Anthony Parnell and New Thought Management may be obtained at www.NewThoughtManagement.com.

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