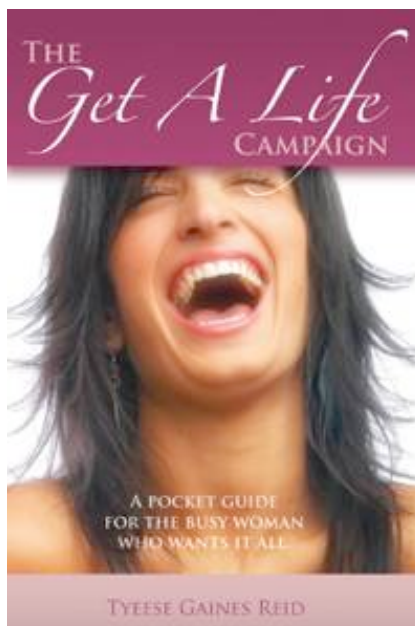


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**Busy women everywhere are taking their lives back...
Are your readers next?**



A one-woman juggling act, Author Tyeese Gaines Reid shows other busy women how to reclaim their lives from the taxing responsibilities of work, school and family in her new book, ***The Get A Life Campaign***.

The campaign started with a group of busy women in a self-described rut and has since become a haven for all busy women seeking the lives they want.

***The Get A Life Campaign* pocket guide (101 pp, paperback, \$10.95, May 2007)** arms readers with the tools to get out of “the rut” and stay out... in a concise, on-the-go format. Its supplemental website at **getlifecampaign.com** allows visitors to track their progress toward getting a life and chat with other women (“GAL pals”) just like them.

“I want busy women to realize that regardless of our circumstances, we’re all going through the same thing – fighting “the rut.” They are not alone, even though it feels like it. I hope readers will use the book and figure out how to have a life despite the challenges that exist. It’s nice to take a vacation and run away from your problems, but we need to learn how to have a life everyday even in the midst of them,” Reid says.

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About the author: Author Tyeese Gaines Reid wears many hats: writer, mom, wife and doctor. She has written for 5-Minute Clinical Consult, Boston Magazine, M.D. News and NBC6 in Miami. She begins her residency in emergency medicine this summer.

The Get A Life Campaign (ISBN# 0741439255) will be on sale at bbotw.com, amazon.com and most major online book retailers on May 1, 2007. For more information, visit www.getlifecampaign.com. Contact Tyeese Gaines Reid at 954-882-4643 or tgreid@contrastmediagroup.com for interviews or book events. Advance Review Copies are available upon request.