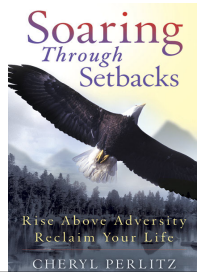


FOR IMMEDIATE RELEASE



Soaring Through Setbacks...
Rise Above Adversity...Reclaim Your Life
A book about dealing with grief, career changes and other major transitions

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KATRINA...OUR WAKE UP CALL **Dealing with the grief caused by Katrina by** **Making sure your family is totally prepared**

Tsunamis, hurricanes, tornadoes, mud slides... There doesn't seem to be any end to them. The truth is, we are all dealing with the grief caused by these catastrophic events as we watch the images flash across our TV screens, reminding us of how vulnerable we are.

Nature could surprise any of us in the blink of an eye. Disasters and the associated grief, loss and hard times that follow are part of life. They happen randomly and usually with no warning. They are a slap in the face for the people experiencing them, and a wake up call for the rest of us.

It is our responsibility to listen to our wake up calls and prepare in ALL ways to be ready if disaster strikes us and our families. Now is the time to GET IT DONE while we are aware of what can happen when we don't!

Cheryl is a survival expert, mountain climber, and author of ***Soaring Through Setbacks...Rise Above Adversity and Reclaim Your Life***. She shares a unique perspective on how to deal with grief by preparing your life for disaster; emotionally, intellectually and physically.

- **Make sure you have your affairs in order.** Make a list of all your financial information: lock box contents, important papers, contacts for insurance companies, bank account numbers, family birth certificates, etc. Make sure your family knows where all those things are and can access them with keys and passwords.
- **Make sure you have a will, living will, and health care power of attorney** so that your relatives know what your desires are about what to do if you become gravely ill, who is in charge of making health care decisions and who will take care of your affairs when you die.
- Send **copies of all important papers to a relative** or good friend living in a different location: wills, investment papers, mortgage papers, rental agreements, etc
- **Put together your own family survival kit** with supply checklists, water and food reserves, special needs items, first aid kit, and clean air protection.

- **Make sure your young children know their names, and addresses** so you can find them if they are lost.
- **Plan and practice your family escape plan:** How you evacuate in case of fire, where you go in storms, who to contact and how, etc.
- **Organize family pictures**, make copies, distribute them to your family members. Losing your pictures is like losing your identity.
- **Make a list of contents of your home** that have personal value. Take pictures of them in case you ever need them for insurance purposes.
- **Nurture your relationships**... hug your children... tell people that you love them. Spend time with family and friends. Especially those you have lost track of recently.
- **Give all you can to those in need....especially those who are coping with their own personal losses, changes and transitions.** Share the most precious gifts you have: your talents and resources
- **Learn about the weaknesses in your community** and become an activist in your community to make sure they are addressed by the local and federal government.
- **Be prepared**
 - Physically... be fit and healthy
 - Emotionally... have a support group and practice positive attitude
 - Intellectually... know what to do if disaster strikes, and know everything you can about what is going on around you
- **Do things you've always wanted to do, but haven't....yet!** Think about a few things that would make you feel sad if they were never done....And do them now.
- **Notice, preserve and appreciate your environment.** Don't litter, pollute, smoke, or waste. Enjoy our natural resources.
- **Lighten your load.** Get rid of all the extra 'stuff' you have. Organize your life. Determine your 'needs' versus your 'wants'. Relax and appreciate simple things.

If you would like to hear more about this topic, and/or more detailed SURVIVAL TIPS for transforming challenges into opportunities contact Cheryl Perlitz: cheryl@SoarWithMe.com

Cheryl Perlitz is the author of the inspirational book "Soaring Through Setbacks - Rise above adversity - Reclaim your life" and "Soaring through Setbacks....Survival Tips Handbook". As a dynamic speaker and facilitator, her inspiring, fun and motivational stories help listeners and readers to "TRANSFORM THEIR MOUNTAINS INTO OPPORTUNITIES FOR ADVENTURE AND POSITIVE CHANGE."

Cheryl is not a therapist, or medical doctor. She does not have a PHD or an advanced degree in psychological theory. She is a regular person, like most of us. She is a sought after talk show guest because of her easy casual style, her ability to tell wonderful stories that the listeners and readers can relate to, and her understanding and compassion for others.

TO BOOK AN INTERVIEW CALL:
847-510-5919 CELL 847-609-8032
CHERYL IS AVAILABLE FOR LAST MINUTE INTERVIEWS

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INTERVIEW QUESTIONS
Katrina.... Where do we go from here?

What kinds of losses have you experienced to make you qualified to talk about this?

How is this a wake up call for those of us who were not directly affected by the hurricanes?

Why do people put off doing these obvious things?

How can we make sure to get them done right now?

Where do we start?

Besides getting our affairs in order, how does this hurricane help us to live our lives a little differently?

In addition to giving money to hurricane victims, how can we help?

How can we be sure this kind of thing doesn't happen in our own communities?