

FOR IMMEDIATE RELEASE

It's All About Control... Are You In—Or Out?

A new book presents insights and strategies to put you in control

Fairfield, CA – (Release Date TBD) – One of the most difficult, yet often overlooked, challenges in life is the issue of self-control. Many people feel lost due to lack of it and don't realize that fulfilling their destiny begins with honing this important life skill. Have you ever wondered what it would be like to have total control of your destiny? Or wondered if that can even be achieved? The answers to these questions and others are explained by author Randy McDonald, Ph.D., in his compelling new book entitled "It's All About Control."

McDonald's book explains the programming that we have all been subjected to since birth: how it got there, why we're oblivious to it, and how it stops us from being in true control of our lives. His goal is to make readers aware of what they do, why they do it, and then honestly consider their choices. Clarity on these issues will give readers the courage needed to make long-overdue changes in their lives.

Through many examples of his own life experiences, McDonald outlines a series of guidelines that readers can easily integrate into daily routines. Strategies are presented for being selective in relationships (both professional and personal), for controlling health, debugging internal programming, managing work environments, and learning to identify the difference between situations that are controlling you, and those that you are in control of.

Intelligent and fascinating, *It's All About Control* will interest everyone who does not feel in complete control of life. McDonald's smart prose and down-to-earth language gives clear direction on how to move toward reinventing one's self and improving relationships at work and at home. Readers will undoubtedly achieve better balance, live with more optimism, and ultimately achieve a more rewarding and fulfilling life.

Find this exceptional book online at Xlibris.com and at major bookstores and libraries across the country. With *It's All About Control*, you'll find the key to manifesting your personal destiny.

About the Author

Randy McDonald has been a coach and mentor in industry for over twenty years. In 1981 he established a life goal to motivate, coach and help others. Randy's childhood was not an easy one. His family traveled so much that he was forced to attend eleven different grammar schools in a single school year. He lived with his mother and four sisters in a leaky convertible, with only carrots and peanut butter to eat. At age six, he spent six months in an orphanage.

Randy went from that childhood to earning four academic degrees, culminating with a Ph.D. in computer education. He has been very successful in the business world, where he has over twenty-two years of functional management experience. His exceptional credentials include executive positions with several San Francisco Bay area Fortune 500 companies and Colorado-based companies. So he understands the issues and problems associated with shouldering such responsibility. Randy is happily married to the love of his life, living in Fairfield, California, and knows what it takes to have a wonderful, loving relationship. He had his share of less-than-perfect ones until he finally learned enough to make this one work.

During the last several years, he has devoted himself to learning from the "Masters" in the area of motivation and coaching, including attending Anthony Robbins Mastery University and Leadership University, where he learned how to use the same techniques that Tony uses to affect lasting, permanent change. In his life, he has risen from being poor, to being well educated, and well paid. So he relates to where you are in life and knows how to help you excel at work and play!