

**“A classic in goal setting.”**—Mehmet Oz,  
vice chair and professor of surgery,  
New York-Presbyterian Hospital/Columbia University  
Medical Center, and author of *You the Smart Patient:  
An Insider’s Handbook for Getting the Best Treatment*

September 12, 2008

Dear Editor/Producer,

There has been a flurry of interest in life lists and the science of happiness recently. Hollywood movies like *The Bucket List* and *The Pursuit of Happiness* tap into this trend and popular books address the importance of having and reaching goals.

**CREATING YOUR BEST LIFE (STERLING PUBLISHING CO., INC. / JAN 2009 / \$19.95)** is the first book to combine the topic of goal-setting and the new science of happiness in a meaningful way. It offers cutting-edge scientific research and new information not found in any previous book.

**Caroline Adams Miller**, a life coach and motivational speaker, helps readers identify their most cherished needs, ambitions, and wishes. The book supplies dozens of interactive exercises and quizzes that make the process of self-discovery enjoyable and productive. **CREATING YOUR BEST LIFE** also has practical tools that increase the likelihood of goal accomplishment. The unique “life list coaching” program organizes life lists into 16 key areas that are universally known to make people happy.

No other life list book offers research-validated information on why certain steps matter in goal accomplishment, or even how goals are connected to life satisfaction. Readers will feel both educated and inspired to start writing goal-setting lists in order to live their lives more consciously, productively, and happily.

#### **About the Author**

**Caroline Adams Miller**, an internationally-known coach and speaker on the topic of goals and happiness, is a graduate of the University of Pennsylvania’s prestigious Masters in Applied Positive Psychology program. She can be heard on XM Radio’s Channel 155 with her “Positive Tip of the Day, and has been featured in dozens of newspapers and TV programs, including the *New York Times*, *U.S. News and World Report*, *The Washington Post*, *Family Circle*, *Self Magazine*, *USA Today*, NPR, and CBS Morning News. Miller is an adjunct lecturer in Positive Psychology and Coaching at New York University’s School of Continuing and Professional Studies.

I hope you will consider an interview with **Caroline Adams Miller**, or reviewing this important book. For more information, please visit [www.carolinemiller.com](http://www.carolinemiller.com). I look forward to discussing **CREATING YOUR BEST LIFE** with you soon!

All the best,

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*Please note this is an advance uncorrected proof. **Creating Your Best Life** will release Jan 2009.*