

MEDIA ADVISORY

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Live Into Your Dreams! New Book, *One Door Closes: Overcoming Adversity By Following Your Dreams*, Guides Readers Through Stories, Self-Assessments, and Journaling

Holden, MA -- *One Door Closes: Overcoming Adversity By Following Your Dreams* presents the inspiring stories of sixteen people who have overcome seemingly insurmountable obstacles in order to live into their dreams. Many are sharing their stories for the first time.

These dreamers show their road map, guiding the reader to discover how to live their life with vision, courage, determination and passion. They share the wisdom they learned along the way—wisdom the reader can use on their own journey.

- Break through the roadblocks and detours that have sidetracked you on life's highway!
- Make this the year when everything in your life falls into place—just the way you envision it!

Among the people profiled are **Scherrie Payne**, the last lead singer of **The Supremes**, and **June Monteiro**, a founding member of 1960s Girl Group, **The Toys**—whose hit, “*A Lover's Concerto*” spent five weeks at Number One in 1965. Monteiro battled—and survived—throat cancer, a potentially devastating obstacle for a singer. **Mary Wilson**, legendary **founding member of The Supremes**, provides a very special message of healing and hope that forms the Epilogue of the book.

In addition to the inspirational stories, *One Door Closes* features ten holistic self-assessment tools to use as a blueprint for a more satisfying, productive and successful career, as well as journal pages designed to clarify goals and dreams.

Inspirational stories featured include:

- **Korene Mosher**, who lost her femur to cancer at age 12
- **Ken McDonnell**, a triathlete and marketing/public relations professional who sustained a traumatic brain injury in a bicycle accident and was given just a 25% chance of surviving the first night
- **January Jones**, nationally known radio talk show host and author, who at age 25 lost her husband in a tragic helicopter accident

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- **Annette Rafferty**, the former Roman Catholic nun who opposed the church hierarchy to establish the first—and most successful—emergency housing for homeless women and children in Central Massachusetts
- **The Reverend Shandirai Mawokomatanda**, pastor at Wesley United Methodist Church, who survived three suicide attempts as a teenager
- **Corrie Painter**, a survivor of angiosarcoma, a rare cancer affecting fewer than 300 people worldwide each year, who now raises thousands of dollars for cancer research
- **Scott Erb and Donna Dufault**, a married couple whose path took many twists and turns—including four bouts with unemployment—on their way to starting a successful photography business—Erb Photography
- **Nancy Dube**, who, with her two young children, escaped an abusive marriage, fought the system and won, and started a successful human resources consulting company
- **Reed Nixon**, who became a quadriplegic at age 17, after a tragic car accident
- North Shore businessman **Glenn Nazarian**, who lost 112 pounds to become a body builder—and then almost lost his life in a car accident that left him seriously injured and hospitalized for months, and went on to own a string of 14 successful fitness centers.

Authors **Tom Ingrassia** and **Jared Chrudimsky**—principles at The **MotivAct Group** (www.motivactgroup.com)--are the co-founders of the popular and innovative Mental Massage™ workshop program, which fuses guided visualization (Ingrassia's speciality) with re-energizing massage (Chrudimsky is a licensed massage therapist and owner of **Revitalize Massage Therapy**, www.revitalizetherapy.com). MotivAct offers a holistic approach to personal and professional development through transformational workshops and seminars, and individual coaching for success. The concept for the book comes from their work with their coaching and massage clients. Ingrassia and Chrudimsky share a passion for helping their clients achieve a more balanced, healthy and harmonious life.

Using *One Door Closes* as a guide, readers will be inspired to discover how to live into their own dreams...no matter the obstacles.

For more information about *One Door Closes: Overcoming Adversity By Following Your Dreams*, and to schedule an interview with the authors and any of the people in the book, please contact Tom Ingrassia at tom@motivactgroup.com or 508.277.6022.

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