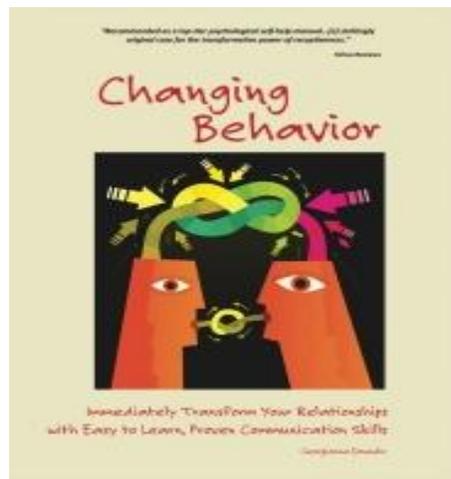




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*for Immediate Release -*

# Best Selling Book Earns 5 Star ForeWord Review



Boston, MA - On Friday, May 4th, 2012, the best selling, Amazon Kindle #1 top rated *Relationships* book was awarded by the world's largest INDIE book reviewer, its coveted 5 STAR REVIEW. ForeWord Clarion's 5 STAR REVIEW is an achievement that affords the author use of the digital gold seal that can be applied to and displayed on the book's cover jacket, giving the book the recognition of excellence it deserves. Only a small number of books receive this seal of achievement.

“Changing Behavior: Immediately Transform Your Relationships with Easy-to-Learn, Proven Communication Skills” (ISBN 0983965994) by Dr. Georgianna Donadio offers a tested, proven method for transformative personal change.

“There is no doubt that ineffective communication is a leading cause of divorce, the breakdown of families, as well as between employees and their employers. This is because of inherited communication patterns that can quickly lead to hurt feelings or emotional disconnection. What’s more, most people don’t have the knowledge, skills or the time to invest in changing how they communicate and behave”, says Donadio. With that in mind, *Changing Behavior* offers the first-ever guide to simple, proven skills and strategies to facilitate lasting change and assist people to experience new levels of fulfillment, collaboration or intimacy.

“Changing how we relate to one another is easier said than done,” says Donadio. “This book was written for all individuals, from all walks of life, so they may experience more satisfying, longer lasting relationships.”

At the heart of Donadio’s bestselling book is the revolutionary Behavioral Engagement with Pure Presence™ skill set. Developed over the last 32 years in partnership with leading Boston hospitals, Behavioral Engagement is the first known whole person health education and health behavior change method developed, tested and utilized in a clinical setting.

According to Donadio, “Changing Behavior” is currently transforming the lives of a wide-spectrum population, ranging from those serving in the military to people mending relationships to those who are incarcerated.” Since the 1980’s, the model has been the catalyst for dramatic change for thousands of patients needing to understand and control their chronic disease conditions.

Kirkus Reviews states that “Changing Behavior” is “recommended as a top-tier psychological self-help manual” and is a “strikingly original case for the transformative power of receptiveness.” MidWest Book Review states “*Changing Behavior* is a choice pick for community library psychology and self-help collections.”

The book is available for sale online at Amazon.com in both e-book and soft copy formats. A free excerpt may be downloaded at [www.changingbehavior.org](http://www.changingbehavior.org).

**About the Author:** Dr. Georgianna Donadio is a behavioral health expert and primary care provider. A longtime proponent of the important role nurses play in healthcare, she is one of only six American Florence Nightingale Scholars, is an award-winning Nurse Advocate and has dedicated her life to improving the quality of healthcare delivery and patient advocacy. As the founder of the National Institute of Whole Health, her expertise has been showcased in hundreds of print, online, radio and TV interviews. Donadio lives with her family on a small farm outside of Boston with the family farm pets. For more information, visit [www.behavioralchange.org](http://www.behavioralchange.org).

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