

Magazine Proves Laughter is Serious Medicine

For Immediate Release

New York, NY - October 10, 2007 Many people are stressed-out. They are stressed about work, they are stressed about family, they are even stressed about being stressed! “The quickest cure,” says Carol Pereyra, “is to step-back, take a good look, get informed and laugh at the situation.”

Pereyra is the editor of “Going Bonkers – The Self-Help Magazine with a Sense of Humor.” The magazine is an educational, entertaining, and motivating look at how to overcome and manage all of life’s daily stresses. Each new issue of this quarterly publication contains two dozen articles. The articles are timeless, to help the reader today or five years from now. Examples of articles include:

- Control Freaks: Taming The One Within and Coping With The Ones Around You
- Why We Behave In Ways We Hate And How To Stop
- Wah, Wah, Wah: Living with An Adult Whiner
- The Disease to Please: When Helping Others Hurts You
- Manipulation Monsters: When Loved Ones Use Guilt & Obligation To Get Their Way
- Woulda, Shoulda, Coulda: Overcoming Regret

“We take mental health issues and make them easy to understand. That’s difficult to do, but I think we’ve accomplished it”, says Pereyra, citing an article on borderline personality disorder, “I Hate You, Don’t Leave Me” that generated lots of appreciate reader mail.

Articles are written in a clear, easy to read format, with usable tips the reader can use to further understand the subject. Humor is used in the articles, only if it is appropriate to the subject.

Subscriptions are available at their website www.gbonkers.com, or in many of the popular national bookstore chains, including Borders, Barnes and Noble, etc.

For more information, visit www.gbonkers.com, or to interview Carol Pereyra, please contact:

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