

FOR IMMEDIATE RELEASE

Serious about Self-Help?

New magazine proves laughter is serious medicine

Orlando, FL - June 26, 2007 – Many people are stressed-out. They are stressed about work, they are stressed about family, they are stressed about getting help for being stressed. “The quickest cure,” says Carol Pereyra, “is to step-back, take a good look, and laugh at the situation.”

Carol is the editor of the on-line and in-print magazine “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 life’s daily stresses. Each new issue of the quarterly publication contains two dozen articles and no advertising. The articles are meant to be timeless, to help the reader today, or five years from now. Examples of current articles include:

- Control Freaks; Taming The One Within and Coping With The Ones Around You. This article answers the questions: Why do some people take more control than they should? How do you cope when good control goes bad?
- Get Off the “Yes” Treadmill And Gain Control of Your Life. Whether you are looking to eliminate stress; find a way out of those "must-attend" invitations; or stop your children from taking advantage of you; the word NO is an invaluable tool for regaining control of your life.
- Why We Behave In Ways We Hate And How To Stop. You didn't plan it. It seems that the "behavior" just kicked in, without you even realizing it. It was only afterwards, when the disgust and self-recrimination surfaced, that you stopped to reflect and ask yourself, "why?"
- For Parents Only; No-Cry Discipline Solutions. If you ask parents to list the most frustrating discipline problems during early childhood, you would find that tantrums, fussing and whining appear on every list.

All articles are written in a clear, easy to follow 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 either online, as a downloadable PDF, or in many of the popular national bookstore chains.

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

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