

**For Immediate Release**

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**One Peace Books Announces the Forthcoming Release of  
*My Life: A Workbook***

*My Life: A Workbook* will be available nationwide on March 15, 2010

**NEW YORK, NY** -- One Peace Books announces the forthcoming release of *My Life: A Workbook*. *My Life: A Workbook* (ISBN: 978-0-978508-49-4, \$12.95, Trade Paper, Illustrated, 186 pages, Self Help) will be available wherever fine books are sold on March 15, 2010.

Written by Lyzz Yamazaki, a therapist and self-improvement expert, *My Life* is a revolutionary new book that turns the traditional concept of self-help on its head. While so many self help books on the market endeavor to provide answers, *My Life* provides something much more valuable: questions.

A unique guide filled with charming illustrations, *My Life* presents 254 questions that address such issues as fears, love, goals, friendship, money management, and future plans. By answering these poignant, insightful, and thought-provoking questions, readers are presented with the extraordinary opportunity to grow, learn, and achieve greater self-understanding.

Yamazaki says that her work in psychotherapy has taught her that all too often people aren't able to make improvements in their lives simply because they don't know themselves. After all, how can you make steps towards living the life you want if you don't know what life you want to lead? Yamazaki maintains that all people have the right to be happy, and the first step in claiming that happiness is knowing who you are. With that in mind, Yamazaki invites readers to make *My Life* their very own by taking time to answer the questions, understanding that there are no "right" or "wrong" answers, and enjoying the intensely personal process of discovering and accepting your true self.

Part road map for the journey to self-awareness, part therapist in a book, *My Life* leads readers on an active, innovative, self-guided tour of personal discovery.

An experienced and prominent therapist who specializes in trauma, Lyzz Yamazaki is a well-known self-help author whose books have sold an accumulated 250,000 copies. In addition to being actively involved in training future therapists, Yamazaki devotes her time to writing, promoting self-improvement methods based on therapy and psychology, and treating patients through individual sessions, telephone consultations, and correspondence courses. Yamazaki, who lived in Los Angeles for fourteen years, is now based in Japan.

Based in New York, One Peace Books ([www.onepeacebooks.com](http://www.onepeacebooks.com)) specializes in publishing visually-compelling motivational literature. Backed by two successful publishers in Japan, One Peace Books endeavors to publish literature for global readership, and is committed to its core belief that quality literature should not be limited by borders or race, but should reach people all over the world. One Peace Books is represented to the book trade by Partners Publishers Group ([www.partnerspublishergroup.com](http://www.partnerspublishergroup.com))

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