

TipSheet

MESSAGES FROM THE EDGE

Paigeisms For Transformational Healing

By Paige Valdiserri

DESCRIPTION

Messages From the Edge is dedicated to anyone who has struggled or is struggling with life's challenges and traumas, or who is committed to their own self-growth and discovery. In her work with clients, Paige found herself writing affirmations on colorful sticky notes. She encouraged her clients to place these mantras by their bedsides, bathroom mirrors, or anywhere else they would be seen, so that they could serve as daily guides and validations, and often as lifelines. As clients began to give these affirmations a name, they all coined the same name: Paigeisms.

AUTHOR/CONTRIBUTORS

AUTHOR: Paige Valdiserri, International Traumatic Stress and Intuitive Healing Consultant and Coach, a board-certified expert in traumatic stress, has worked with clients suffering or recovering from chronic stress and trauma due to war zone episodes, terrorist attacks, natural disasters, medical or chronic illness, personal traumas, or intense professional or corporate settings. Paige Valdiserri's work has taken her to Iraq, Africa, to the Pentagon, to working with first responders on the front lines. Her work has led her to create a specialized healing method, Energetic Body Dialogue (EBD), bringing relief on physical, emotional, mental, spiritual and energetic levels, allowing a body once detached from its wholeness to reconnect to it again.

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EDITOR: Lori Brown Patrick of Grammarwitch LLC

PROLOGUE: Mark D. Lerner, PhD

PUBLICITY

Alan Winnikoff

SAYLES & WINNIKOFF COMMUNICATIONS

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EVENTS

TUSCON FESTIVAL OF BOOKS: University of Arizona, March 15-16, 2014

MOSTLY BOOKS: April 5, 2014

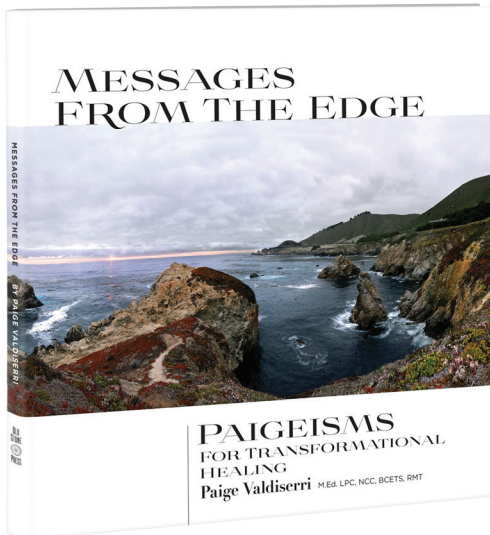
CONSCIOUS TALK RADIO: April 10, 2014

DISTRIBUTION

INGRAM, BAKER & TAYLOR, AMAZON.COM, BARNESANDNOBLE.COM

WEBSITES/SOCIAL MEDIA LINKS

www.PaigeValdiserri.com



Publisher: Old Stone Press
 Imprint: Old Stone Press
 Pub Date: 3/18/14
 ISBN10: 1938462076
 ISBN13: 978-1-938462-07-8
 Season: All
 Format: Soft Cover, Perfect Bound
 Trim Size: 8 X 8 inches
 Page Count: 94
 Carton Qty: 34
 Illustrations: 51 photos and illustrations
 Audience: General/Trade
 Language: English
 Price: \$24.95 (\$29.95 CAN)
 BISAC Category: BODY, MIND & SPIRIT,
 Inspiration & Personal Growth
 (OCC019000)
 FAMILY & RELATIONSHIPS,
 Military Families (FAM030000)
 SELF-HELP,
 Post-Traumatic Stress Disorder
 (SELO43000)