



FOR IMMEDIATE RELEASE

Self-Help and Leadership Book Embraces Change with Power and Purpose

Stephen Harrison encourages readers to embrace the fog in order to develop a meaningful, authentic and intimate relationship with the inner self and create a more satisfying and rewarding life.

AUCKLAND, New Zealand – (December 11, 2012) – A fog is a natural phenomenon that impairs clarity, impartial to everyone caught in it. The perception and choices made when in a fog can have a marked impact on life's experience.

Appreciate the Fog written by Stephen Harrison is a self-help and leadership book that encourages embracing change with power and purpose. This book offers some suggestions that may provide quick payback in life with the intent to acknowledge that there are deeper processes with wonderful, lasting benefits that are available as the lifelong process of self-discovery opens. It encourages embracing the fog as it rises and developing a meaningful, authentic, and intimate relationship with the inner self.

This book has been structured to be a natural progression through concepts that build on each other in a natural manner, with each chapter largely self-contained. Each chapter may be read and utilised as when and in whatever order suits the readers. Some may prefer to quickly browse this book and then pick out those portions that have immediate relevance to where they are in their journey at present. Others will find it useful working through the book from start to finish.

These concepts will assist readers when working in relationships and organisations where fog is in effect. Being aware of the personal inner world, how to respond to a fog and exhibit that publically can make a positive difference to the capacity to process responses and the ability to work with others.

Appreciate the Fog encourages readers to reflect on life, the mechanisms used to protect and feel safe, the triggers and patterns that generate episodes of fog and how working with all this knowledge may create a more satisfying and rewarding life. It encourages self-discovery with the intent that in knowing oneself, a person can decide to act with alignment and integrity to who he/she is, and in so doing manifest personal power and leadership.

For more information on this book, log on to www.appreciatethefog.com.

About the Author

Stephen Harrison is passionate about supporting organizations and individuals embrace change with power and purpose and become the best they can be. To this end, he is an author and his primary services include executive coaching; leadership development; group process facilitation; project and strategic management consulting; training and coaching and professional speaking. Commencing his career in software development,

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“Embracing change with power and purpose”

Harrison subsequently trained as a project manager, and certified as a Project Management Professional (PMP) in 1994. In addition to New Zealand and Australia, he has provided training and consulting services throughout Asia, North America and the Middle East. He was the founding sponsor of Project Management Institute (PMI) New Zealand and in 1998 became the first person elected from outside North America to the international board of PMI. Serving as Director for six years, he led the development of PMI's globalisation strategy. In 2004, he was made a Fellow of PMI New Zealand, and received from PMI (International) the *2004 PMI Distinguished Contribution award*, in both cases for services to the profession. His personal interests include photography, massage, 5 Rhythms Dance, travel and walking. This has included two sponsored 100km in 36 hours walks for Oxfam.

Appreciate the Fog * by Stephen Harrison

Embrace Change with Power and Purpose

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Members of the media who wish to review this book may request a complimentary paperback copy by contacting Stephen Harrison on +64 21 555-450. To purchase copies of the book for resale, please email Stephen Harrison on stephen@appreciatethefog.com.

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