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For Immediate Release

Chew on Things – It Helps You Think: Words of Wisdom from a Worried Canine

*Casey B. Worrywart™, Dogtor of Philosophy
brings every-day wisdom and smiles to human worrywarts*

Hardcover and E-book Editions

A Casey B Worrywart™ original publication released for the first time in hardcover and e-book

Tucson, AZ – Casey was a great dog. He was great because he was unabashedly himself. A real character. And when someone has the courage to just be who he is, the lessons of life seem to emanate from them in even the simplest of their actions.

Dr. Iris Bell, a psychiatrist and Casey's "mom," has recorded in delightful images and concise words her beloved friend's innocent wisdom, and wonderful worrywart wit. She couples these with insightful quotes from writers, celebrities, and some of the world's great thinkers - who discovered through their own process of living and observing life what Casey just naturally knew.

There are a number of popular books on discovering wisdom in mundane or unexpected places. This one is a little different. If you love dogs, if you love people, if you love discovering life's lessons in delightful doggy bite-sized pieces, then chew on what you find in here.

For one thing, it has photographs—wonderful photos—of the four-legged fretful philosopher... and sometimes his friends: *"I'm warm and fuzzy and play a lot. He's a pig. Need I say more?"*

For another, seeing things from the puppy point of view gives you a whole new perspective on life and living and loving: *"Even if you're afraid of the world, at least explore your neighborhood."*

It's the loving, possibly, that makes this book so special. It is so obviously a labor of love that you can't help but get a healthy dose of it no matter which page you turn to. As Casey puts it, *"Be wary of letting people in or out of your life, but love them to pieces when they are there."*

When you need a little chuckle, a point in the right direction, a reminder of how someone can love and appreciate someone else, *Chew on Things - It Helps You Think* is just what the doctor ordered.

Chew On Things-It Helps You Think is a 120 page, hardcover gift book with color photos throughout for readers ages 8 and older and is available online at www.creativebookworm.com or www.chewonthings.com for \$12.95. It is also available in e-book format for \$9.95. With 10% of all profits from the sale of this book donated to animal rescue charity organizations, *Chew on Things* wins the heart and minds of readers everywhere.

About the Author

Iris Bell, MD, PhD, is a psychiatrist and university professor. She has written scores of papers on topics ranging from psychiatry to biofeedback to alternative medicine. Dr. Bell has a deep understanding of the human psyche. She teaches, writes, and lives in Tucson, Arizona with her three dogs, Rosie, Harry, and Charlie.

About Creative Bookworm Press

Creative Bookworm Press specializes in publishing books, e-books, videos, and audio CD products on topics that are playful and fun. Its mission is to entertain, enrich, and expand the hearts, minds, and lives of our readers through high quality print and other media products.

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