

For Immediate Release

Media Contact:

Iris Bell, MD, PhD

ibell@creativebookworm.com

520-906-6767

Chew on Things – It Helps You Think:

Words of Wisdom from a Worried Canine

Casey B. Worrywart,™ Dogtor of Philosophy

Are you a worrywart? Even the calmest of us get frazzled by the extra bustle of the holidays. We need to take time to enjoy the moment, and frolic a little, even at this busy time of year.

Thank heavens for a fuzzy friend and most unlikely teacher to show us how! Meet Casey B. Worrywart, ,™ Dogtor of Philosophy. Casey is a great example for all who fret their way through life. Who better than a humble pup to remind us all to take time to play, to love unconditionally and to be brave when faced with things bigger than us?

For the harried shopper, his comment while lying blissfully on a couch, “Rest up often. It’s good for the soul and other body parts,” brings balance to the daily frenzy. He also shrugs off the results of a rough day at the groomer’s: “Bad hair days come with life. Worry about other things. With bad hair days, you can just wait them out. Eventually you figure out how to fix it...the hair and the day.”

Finally, while posing for holiday photos, Casey observes: “Put up with ribbons, bows, antlers, and other stuff once a year during the holidays. It’s a people thing. They really seem to need it.”

Everything worried Casey, but he overcame his fears to enjoy his animal friends and family. His everyday victories and his ability to play ball for relaxation (but only on his own terms), as seen through the eyes of his board-certified psychiatrist “mom,” Dr. Iris Bell, offer a wonderful solution to those holiday blues.

“*Chew On Things – It Helps You Think: Words of Wisdom From a Worried Canine*” is a delightful marriage of observation, philosophy, and humor, including quotes and anecdotes from not only the Dogtor, but also from great human writers and thinkers. This award-winning manual of Casey’s canine tidbits of advice has been nationally recognized with First Prize for Nonfiction in the 2007 Writer’s Digest International Self-Published Book Award competition and was a 2007 Finalist in the Animals/Pets Category in the Indie Excellence Book Awards.

The full-color, 124-page, hardbound book is available from Creative Bookworm Press, \$16.95, and in e-book form, \$9.95. To help contain your worries, a companion journal is available at \$14.95. The “*Chew on Things Workbook for Fellow Worriers*” was awarded

First Prize for Self-Help Journals and Quotes in the 2007 USA Book News Best Books competition.

With 10 percent of the proceeds going to help animal rescue and charity organizations, readers can feel good about giving back. Casey's advice about friendship, playtime, and reaching out to others rings true all year round, but it's especially important at holiday time. He reminds us how simple companionship can be, and how necessary for both our physical and mental health. Give "*Chew On Things – It Helps You Think: Words of Wisdom From a Worried Canine*" as a holiday treat, for yourself or someone you love. It really is a dog's life!

About the Author

Iris Bell, MD, PhD, is a psychiatrist and university professor. She has written numerous 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.

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.

For additional information about Chew on Things - It Helps You Think or Dr. Iris Bell contact:

Creative Bookworm Press
10645 N Oracle Road
Suite 121
Tucson, AZ 85737
Phone 520-906-6767
FAX 520-749-4509
email: clientservices@CreativeBookworm.com
Or visit <http://www.ChewOnThings.com>