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River Birch Publishing Releases New Green Edition

The well-received first edition of the award-winning book, *Becoming What You Want to See in the World*, by Kentucky author, Mary Claire O'Neal, has sold out, and River Birch Publishing (Kentucky's only Green Press Initiative publisher) chose to make it a top priority that the second edition be as green as possible. The statement the publisher makes in the book on the "green" page: "River Birch Publishing cares about the health of this planet and all of its people, creatures, plants and minerals. The New Expanded Green Edition was printed on 100% recycled paper, 100% post-consumer waste (that means no trees were cut down to create the paper for the book), processed chlorine-free (because when chlorine is used to bleach paper, the process creates toxic by-products called dioxins and furans that can make people and animals sick)." The environmental impact data calculated by the Environmental Defense Fund for this Green Edition notes that these choices resulted in 22 trees (3 tons of wood), 7 million BTU's of energy, 9,811 gallons of water **saved** in the production. Further, this data also shows that 2,037 lbs. **less** greenhouse gases and 596 lbs. **less** solid waste were generated in the production of the book when compared to conventional publishing.

Becoming What You Want to See in the World has received three national independent book awards, including ForeWord Magazine's Book of the Year Award for the audio book version in the category of non-fiction. Arun Gandhi, Grandson of Mahatma Gandhi writes, "***This book could not have come at a more opportune time. A ray of hope amid chaos . . .***"

The New Green Edition is available in Lexington at Joseph-Beth Booksellers and Good Foods Market, and it can be ordered through any bookstore or online through Amazon, Barnes and Noble, and River Birch Publishing.

Author Mary Claire O'Neal is available for radio, television and press interviews. Contact 859-272-2515 or riverbirchpublishing@windstream.net for scheduling.

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Additional Information

Excerpt from recent Midwest Book Review:

Becoming What You Want To See In The World examines the 'physics' of happiness and how anyone can invoke and restore passion and joy into the fabric of their lives. Replete with inspiring personal stories, *Becoming What You Want To See In The World* also provides tools and activities illustrating practical approaches to leading a more fulfilled, balanced, and meaningful life regardless of the listener's personal circumstances or economic restrictions. Especially recommended to the attention of those who are leading busy, time stressed lives, and feel they don't have the ability or opportunity to make changes in their schedules or themselves, *Becoming What You Want To See In The World* is ideal for learning how to take the time and invest the energy needed to improve the quality of life on a daily basis.

Mary Claire O'Neal is a communication consultant, coach, speaker, and author. For almost 20 years, Mary Claire has been working with Fortune 500 companies, small businesses, non-profits, and individuals in professional and personal development through consulting, workshops, keynotes, and coaching. She has coached a New York Times best-selling author, and one of her consulting clients was chosen by Fortune Magazine as one of the 100 Best Companies to Work For.

Her past experience includes mental health educator, business owner, and as a professional Equity actress, she performed throughout the U.S. and in Britain. At the Royal National Theater she studied and worked with Anthony Hopkins. *Becoming What You Want to See in the World*, has won a ForeWord Magazine Book of the Year Award, national Indie Excellence Award, and national Best Books Award. Her book has been translated, published and distributed in foreign language additions in over eight countries, and the English version is distributed in over 25 countries.

For more information, go to: www.maryclaireoneal.com

Cover file of book or photo of author available upon request.