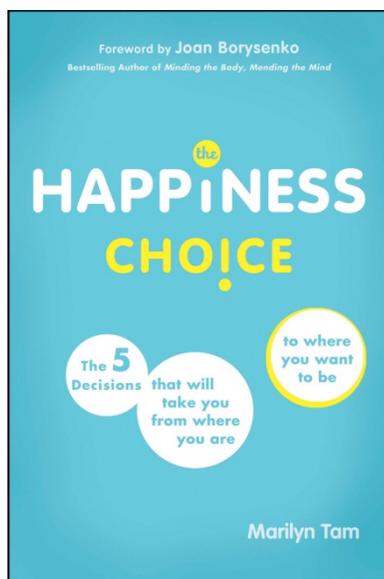


For Immediate Release

Media Contact: Melissa Torra
WILEY
mtorra@wiley.com
201-748-6834

MARILYN TAM'S "THE HAPPINESS CHOICE" WINS SILVER MEDAL IN GLOBAL EBOOK AWARDS 2013

Marilyn Tam's new book wins the silver medal in the Inspirational/Visionary category



Her mother regarded Marilyn as a waste of a pregnancy and she was abused and mistreated accordingly. As a teen Marilyn left her home in Hong Kong to come to America alone and became an international business success and humanitarian. In *The Happiness Choice: The Five Decisions That Will Take You From Where You Are to Where You Want to Be* (Wiley; Hardcover & ebook; ISBN: 978-1-1184-9316-8) she shares how anyone can choose to be happy and successful. She shows that happiness is a choice; anyone can find the resources and tools within any circumstance to guide them to a better place. Happiness, as verified by studies at Harvard, Yale and Gallup research is not only good for one's personal health; it increases productivity and creativity too!

The USA General Social Surveys show that women's overall level of happiness has decreased compared to what it was 40 years ago—and to men. And the drop occurs regardless of their financial position, marital status, children, age, or race. The top 35 developed countries' surveys show the same trend. The 21st century economic and social pressures are making men and women unhappier and it is affecting their health, relationships and productivity. Gallup research showed that in 2012, \$550

Billion of productivity was lost due to unhappiness and low wellbeing at work.

"People want contentment, love and happiness derived from meaningful work. They want nourishing personal relationships, a healthy mind and body, a spiritual core, and reason for living," says Tam. "But with only 24 hours in a day and all of the competing demands of modern life, the question is - how? Is it even possible?"

Marilyn Tam's book is filled with stories, tips, and insights on how anyone can live the life they've dreamed of living. It includes personal experiences and advice from experts in the fields of business success, relationships, health and fitness, spiritual and community relations, to strengthen and broaden the perspective and tools available for readers.

The book guides readers in prioritizing their many roles so that they can feel fulfilled and balanced. Readers will learn that it is not only *how much* they get done but also *what* they get done – removing any sense of guilt and shame and allowing them to live in balance, joy and inner peace with insight.

“I am the second daughter in a traditional Chinese family, and my birth was followed quickly by the birth of three younger brothers. To say that I was unwanted would be an understatement – my mother left me in the hospital and had to be called to pick me up. Rising from an abusive childhood, leaving Hong Kong as teen for university in the United State to becoming a global business leader and humanitarian, I’ve found the secrets to achieving a better life than I’d ever dreamed was possible – and you can too.”

Tam’s inspiring story and her personal and professional achievements and experiences show audiences how anyone can overcome seemingly daunting odds to live the life of their dreams.

About the author

Marilyn Tam, Ph.D. is a Speaker, Author, Consultant, Board Certified Executive/Corporate/Leadership Coach, and Founder and Executive Director of Us Foundation. She was formerly the CEO of Aveda Corp., President of Reebok Apparel and Retail Group; Vice President of Nike Inc. and also a successful entrepreneur who has developed and built four companies.

Among her numerous recognition and awards is the Artemis Award from the Greek Government and Euro-American Women's Council, with her image on a Greek postage stamp. Marilyn is featured in many documentary movies including GLOW Project, The Compass, Tapping the Source, and FEMME for her inspiring accomplishments and inner wisdom. She was also recognized as one of the Top 30 Female Entrepreneurs in the USA by Fempreneur magazine. She is also the author of *How to Use What You've Got to Get What You Want* and *Living the Life of Your Dreams*.

Marilyn is a contributing blogger on Huffington Post <http://www.huffingtonpost.com/marilyn-tam/> She has a weekly radio show, The Happiness Choice, featuring experts in how to live a happy, healthy, successful, and dynamically balanced life. <http://fmgradio.com/show/marilyntam/>. For additional information, please visit <http://www.marilyntam.com/index.html>.

The Global Ebook Awards honor and bring attention to the future of book publishing: Ebooks. Now in its third year, the Awards are in 72 specific categories. Most ebooks are also available as printed books. For more information about the award and the winners, please visit: <http://globalebookawards.com/2013-global-ebook-awards-winners/>

For an interview with Tam or if you would like any additional information or a review copy of the book, please contact Melissa Torra, Publicist – WILEY mtorra@wiley.com/201-748-6834.

The Happiness Choice
The Five Decisions That Will Take You From Where You Are to Where You Want to Be
By Marilyn Tam

WILEY; Hardcover, ebook and audiobook available from wherever books are sold
ISBN: 978-1-1184-9316-8

For more information about Wiley’s books, please visit our Press Room www.wiley.com/go/press
Follow us on Twitter @WileyBiz for more information on our Business books and authors