



## PRESS RELEASE

For Immediate Release  
(Westfield, NJ)

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### **Author studied life so that you can love yours**

*Cheryl Marks Young writes guide to happy living*

For all those who feel like they haven't achieved a life they can love, a new book offers a step-by-step guide to fulfilling every goal they can imagine.

Cheryl Marks Young, in "Love Your Life," published by Emerald Lake Books, explains the steps she has developed as a successful personal coach that have proved to help men and women in every circumstance imagine—and reach—their goals.

By following the process Young created over several years, readers can take control of their lives, change their outlook, and achieve happiness, even when that includes finding the perfect job or mate.

"Love Your Life" guides readers to create a list of 10 "survival" items, as well as another list of "nice to have" goals. Young details steps to embrace success, imagine an ideal day, and determine which actions individuals must take to live their dreams.

April 8, 2017



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“Don’t let the fact that you’re not already perfect at what you want to do stop you from laying the groundwork necessary to move in that direction,” writes Young, whose own infectious optimism fills the book.

To create an ideal life, Young says, you must first design it. Her “self-management system” helps readers find the design within themselves and then describe it. Her guide also details the follow-through steps to success that enable men and women to “Stand Tall and Rise.”

Young recounts the journey of a woman she coached who as a youngster had wanted to become a singer, but was instead pushed into a career as a teacher by her family.

When she was a girl, her parents discouraged her singing as “showing off” and another relative criticized her voice. She set aside her dreams and believed she didn’t have the talent to sing in front of others.

When Young met her, the woman was looking to bring more joy into her life. She recounted her own experiences as a girl but also described how happy other people looked when they were singing. With Young’s encouragement, the woman joined her church choir, was surprised when she was complimented on her singing voice, and even performed solos.

She took the next step – singing at a local cabaret – and now enjoys a dual career as an English teacher and a performer.

“Remember that you have choices,” Young writes. “When you identify a belief that is holding you back, you can decide to reframe the negative thought.”

Young followed her own advice as she developed the techniques she explains in “Love Your Life.” At one point, she worked counseling women on how to develop better profiles on dating sites. As part of her research, Young joined 13 dating services herself. She corresponded with 3,000 men and went on 150 dates—and on the last one met the man who would become her husband.

“I realized you need to develop a complete picture of what you are looking for,” Young says. “At first, I had a short list of what I wanted and the deal breakers that I wasn’t willing to put up with—along with what would be nice to have but wasn’t crucial.”

Just having a list was not enough, though. The men she talked to and dated were not meeting her expectations. She wanted to meet men who were “independent,” for instance, but it turned out that her dates had different ideas about the meaning of independence than she did.



“I realized in addition to my list, I had to write paragraphs and create pictures,” Young says. “I described what independent meant to me: I could go to a party with a person and we would both be comfortable talking to different people at different sides of the room. And then we could come together in the middle of the room and talk together to another group. But we didn’t have to be at each other’s side the entire night.”

Adding those details worked.

“Once I wrote that down, that’s who started to show up,” Young says. Her future husband, by the way, “had everything on my list. Everything.”

“Love Your Life” guides readers through the same process with questions, writing exercises, and an emphasis on the power of a positive attitude.

“If you expect to be passed over when your boss is handing out the best assignments, I can guarantee you will be,” Young says. “If you expect to fail at something, you’ll likely set yourself up to fail. I’m not suggesting you do this consciously. You don’t. Expectations operate under your conscious radar, but they do operate. Once you recognize them, though, your thoughts have the power to unleash your power and success.”

Young now lives in New Jersey with her husband, a son, 11, and a daughter, 6. As a full-time coach, Young guides her clients through the process of writing and talking to envision their goals.

“People find themselves in their own stories as I give them back to them,” Young says. “You go in search of your goal and find yourself.”

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**Press release distributed by Emerald Lake Books. To interview Young or for more information on “Love Your Life,” contact Paul Steinmetz at [Paul@EmeraldLakeBooks.com](mailto:Paul@EmeraldLakeBooks.com).**

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