



**Past Tense:**

*365 Daily Tools for Putting Stress Behind You – for Good!*

I did the title and subtitle for this 365-story (page-a-day) compendium designed to relieve stresses due to a wide variety of everyday life challenges. Happy with what I'd come up with for the title, author Shawn Kilgarlin asked me to write the back-cover copy as well.

Since it was a hardcover book, there was copy on both the back cover as well as two jacket flaps. Here's the final (cover by wonderful designer George Foster), with back cover copy on the next page and flap copy on the page following...

## Instant Stress Relief – Is in Your Hands!

**N** EED A BREAK FROM STRESS AND TENSION? Feeling annoyed, fearful, insecure, angry or frustrated? With 365 positive, profound, fun and light-hearted stories, *Past Tense* delivers the peace of mind you need right now! Just open to any page on any day. You'll find practical guidance and useful tips covering a broad spectrum of life challenges:

### DAILY HASSLES

(traffic jams, lost keys, bills to pay, unruly children)

### WORKPLACE

(office politics, lack of respect, unemployment, helplessness)

### ENVIRONMENTAL

(noise, pollution, harsh lighting, crowds)

### LIFE CHANGES

(college, marriage, divorce, aging, emergencies, grieving)

### GENERAL ANXIETY

(holidays, peer pressure, addictions, feeling inadequate)

Guaranteed to be positively habit-forming and *positive-habit-forming*, *Past Tense* offers engaging, easy-to-read, “page-a-day” stories to put your stress to rest. Sprinkled with inspiring quotes, uplifting sayings and profound wisdom from the world’s great philosophers, modern thinkers, and major religions, *Past Tense* offers soothing, down-to-earth advice to any reader from 9 to 92 — and beyond! Use this lively compendium to get “past tense” and stay that way — for life!



**KATHDAN BOOKS**

Cover design by George Foster

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# Feeling stressed?

*Welcome to Relief Central!*

*Past Tense: 365 Daily Tools for Putting Stress Behind You – for Good* offers you quick, comprehensive solutions to any event that triggers a stress response, including:

- daily stresses
- workplace problems
- life changes
- environmental stressors

The book's twenty-four sections touch on all areas of stress in modern life, and offer real-world remedies to ratchet down the stress level — now.

With sayings from the ancients to comments of modern sages, as well as Biblical quotes and wisdom from major religions and philosophers, *Past Tense* provides practical, down-to-earth advice that speaks to people of all ages and from all walks of life.

*Breathe easier – Get “Past Tense”!*

**SHAWN V. KILGARLIN** is a writer, speaker, and Chief Operating Officer of Louisiana-based American Screening Corporation, a nationwide leader in drug testing products since 1999.

While unusually active in her industry and community, Ms. Kilgarlin's true passions are writing and helping those in need. She is the author of *God's Love Letters: Overcoming Adversity*. *Past Tense* is her second book.

Ms. Kilgarlin's husband (and co-author), **RON KILGARLIN**, ASC's co-founder and CEO, is an internationally recognized sales expert, whose company has helped over a million people deal with the plague of substance abuse.

For more information, visit [www.americanscreeningcorp.com](http://www.americanscreeningcorp.com)