



Author Presents President With Book Raise Presidential Quality Standards

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*Whether they like him or not, voted for him or not, most people would agree President George W. Bush isn't perfect? But then, who is? Hoping to start a groundswell of determination to improve personal quality throughout the country, author, Andrea Rains Waggener presented President Bush with a copy of her book, *Healthy, Wealthy & Wise--52 Life-changing Lessons for the 21st Century* (Hazelden 2005), a book of 52 inner qualities inspired by Ben Franklin's 13 virtues.*

PR9.NET December 14, 2005 - "Quality goes in before the name goes on." "Quality counts." "Quality is #1." Businesses are big into quality. Consumers demand it. So why don't we demand the same quality from each other? Or from our government officials? Instead of focusing on places and things, in 2006, people need to focus on themselves.

"Imagine how much our world would change if we all spent a little time working to become quality people," says Andrea Rains Waggener, whose website, <http://www.waggener-books.com>, gives people ideas and resources to help them create quality on the inside. "Quality on the inside leads to quality on the outside. I presented President Bush with *Healthy, Wealthy & Wise--52 Life-changing Lessons for the 21st Century* because I'd like him to set an example for every person in our country."

Andrea Rains Waggener, newspaper columnist, author, and publisher of the inspiring biweekly newsletter, Living On The Up Beat, which people can subscribe to free at <http://www.waggener-books.com>, wrote *Healthy, Wealthy and Wise* because she was inspired by Ben Franklin's practice of focusing on one of 13 virtues each week of his life. She came up with 52 of her own virtues, which she calls qualities, and she set out descriptions of the qualities, why it helps to have them, and how to get them.

Developing these qualities can show readers:

- How to make good decisions
- How to turn painful life situations into something positive
- How to improve relationships
- How to create personal and professional success.

Here's what author, Meg Chittenden has to say about *Healthy, Wealthy & Wise*:

"*Healthy, Wealthy and Wise--surely these are qualities we all wish for. This easy to read, easy to understand book lays out all the ways we can improve all three. With warmth, insight, and humor, this author offers encouragement, guidance, and motivation. A book to study, savor and respond to. A keeper for sure.*"

Contact Andrea Rains Waggener at (360) 581-4085 or e-mail her at theupbeat@coastaccess.com for more insights into this topic. Andrea has been featured in *Fitness, Shape, and Diane* magazines. She's been a guest on Pacific Northwest TV's *Northwest Afternoon* and *Being In Seattle*, as well as on several radio talk shows. More information about Andrea's books and articles, along with Andrea's inspiring blog, can be found at [tp://www.waggener-books.com](http://www.waggener-books.com).

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About Living On The Up Beat, LLC

Living On The Up Beat is a company that offers books, articles, and a e-newsletter to help people live up beat, inspired lives. It provides personal improvement resources and encouragement.

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