



Ninety-two percent of New Year's Resolutions Won't Be Kept

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According to surveys, only 8 percent of Americans successfully achieve their New Year's resolutions. A whopping 45 percent fail by the end of January! Why can't people keep to their resolve? Because they're missing a very important step. If people make the right resolution for 2006, every resolution from here on will be successful, and every goal will be possible.

PR9.NET December 14, 2005 - "Most people set out to change something for the wrong reasons," says author and columnist Andrea Rains Waggener, whose website, <http://www.waggener-books.com> provides books, articles, and other resources to help people create their best life. "People start from a place of being not okay. They think they need to change something in order to be okay, in order to be happy." Andrea understands this thinking. She thought this way herself until rewriting her novel, *Alternate Beauty* (Bantam 2005), brought about an epiphany that transformed the way she thought.

Alternate Beauty, which is described at Andrea's website, <http://www.waggener-books.com>, where people can also read an excerpt from the book, is about how one woman changes when she finds herself in an alternate reality where fat is considered beautiful. "Ronnie's experience opened my eyes to my own motivations for change," says Andrea, Ronnie's creator.

Here's what people need to think about before they make a resolution for change:

- What is the point of the resolution?
- Why is the change needed?
- Does the desire for change come from the inside or is it being asserted by some outside force?

Andrea explains how the answers to these questions will determine whether or not a resolution will be successful. The wrong answers lead to failure. The right ones pave the way to success.

Here's what one reader says about *Alternate Beauty* and Ronnie's story:

"I found that this was one of the few books that I read that understood that weight issues were not about how you eat as much as why you eat! The characterizations of how she was treated by others, how she felt about herself in life, in career and relationships was complex and interesting and almost painfully honest."

Here's what another reader has to say about Andrea's writing:

"Read Andrea Rains Waggener, and learn about how your life can be happier, healthier, and more satisfying, and be almost unaware that you've been learning. She tells stories from her own life that you, the reader, can truly relate to. Because, really, they are stories about humanity. And suddenly, you discover that she's drawn you to a place of understanding something extraordinarily important and valuable about how to live life. And given you sensible tools and practices for having your own existence be even more upbeat and vibrantly alive."

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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