



Self-Help Site for Women Announces \$1 Trial Membership with Access to Expert Advice on Wealth Building, Stress Management, Weight Loss and More

5 Minute Self-Help, February 09, 2008

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Trial provides unlimited access to self-help tools, tips, techniques and spiritual guidance for a full 30 days.

PR9.NET February 09, 2008 - Seattle, Washington - 5 Minute Self-Help, an online community for women who want to feel better, look better, and live better fast, today announced that it has launched a new program that offers a 30-Day Trial for just \$1. The Trial includes an All Access Pass to the tools, tips, and techniques at 5 Minute Self-Help, including e-books on building a money mentality, a 60-page stress management e-guide, and the Breathe Better NOW! video workshop.

In the multi-billion-dollar self-help industry, many resources focus on a single aspect of self improvement, such as spiritual awareness, overcoming addictions, or losing weight. 5 Minute Self-Help provides a multidisciplinary approach to health and wellness that addresses the whole person: body, mind and spirit. This provides members with a single resource for improving all aspects of their lives.

"We live in a world where there's never enough time, never enough sleep, and more often than not, never enough money. The constant demand can take a terrible toll on our health," stated Patty Harder, founder of 5 Minute Self-Help. "But life doesn't need to be a struggle. The tools available at 5 Minute Self-Help help women live lives of joy, peace, and purpose even if they only have a few minutes to spare!"

The \$1 Trial to 5 Minute Self-Help provides a low-risk way for women to evaluate the many benefits available at the site to see if the community is a good fit for their needs. The 30-Day All Access Pass even includes the ability to get free spiritual guidance through the site's 'Ask the Oracle' feature.

The 5 Minute Self-Help Trial is only available to 500 new members. To learn more, visit <http://www.5minutselfhelp.com/trial>.

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About 5 Minute Self-Help

Patty Harder is a Reiki Master, ordained S.H.E.S. minister, and former editor of Holistic Health News. In addition to publishing 5 Minute Self-Help, she is a freelance writer with clients across the U.S. and in Canada.

5 Minute Self-Help is an online membership-based community for women who want to feel better, look better, and live better fast. The site offers a wide variety of self-help tools, tips, and techniques for building a money mentality, reducing stress, eating healthier, and nurturing the spirit. Content is updated at least monthly.

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