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The New Self-Help Process for 2010 that  
Everyone will be Talking About!

(Omaha, Nebraska, October 10, 2009) Life Coach, Keynote speaker and author, MK Mueller's newest book, ***8 To Great: The Powerful Process for Positive Change***, will finally give the world what everyone says is the MOST important factor for success - a formula for positive attitude so simple and powerful that anyone can remember it, use it, and teach it to their children!

As you consider what you can bring that is fresh and exciting to your readers for this January's focus on resolutions for mind and body, check out MK Mueller and her amazing ***8 to Great*** process. She is a fabulous and energizing interview; and a refreshingly distinct voice on well being and feeling good whose only doctorate is from the school of hard knocks.

Everyone is looking for the best process—to lose weight, to become rich, to find and keep their true love. Yet most self-help texts only offer the ingredients. What is needed is the recipe. Like Covey gave it to businesses in the '90's, MK Mueller gives a more heart-based version to the common man and woman in her latest book. Her 8 High-Ways empower adults young and old and her websites are filled with their amazing stories of success.

MK has been a transformational presence in the lives of teachers, students, healthcare workers and business leaders for decades. The simplicity and clarity of her work, such as defining risk as "Run to, not from" and Responsibility as "BC to AD" (Blaming and Complaining to Acting and Dreaming) have been credited with changing thousands of lives.

A former victim of domestic violence, at the age of 34 MK found herself in a shelter. From this place of despair, she experienced life changing insights that the power to change our lives is always within us. What began as a support group grew from five neighbors to over one hundred thousand readers and audience members around the world.

"***8 to Great*** is powerful from cover to cover. MK Mueller has turned ancient wisdom into modern day tools in one of the most original presentations I have ever read," writes Mike Dooley, featured in *The Secret* and author of *Infinite Possibilities: The Art of Living Your Dreams*.

In July, MK was the keynote speaker at the Optimist International meeting in Orlando.

Soon she will address the Lions International in Anchorage. 6,000+ readers read her Key-Mails each month. She has a weekly radio spot where audiences of over 20,000 hear her motivational minutes each week and she travels consistently each month around the country speaking at seminars and workshops. Her 8 High-Ways program for teens was recently mentioned on Dr. Phil.

To learn more about MK, check out her website, [www.8togreatbook.com](http://www.8togreatbook.com) which includes a complete press kit, or call 402.212.3033.