

Don't box me in!

Businesswoman talks success and moving on from the past

SYDNEY, Australia – Unfortunately, it's the society we live in. People are "ugly" towards each other: on the drive to work, at the checkout line, on Facebook and Twitter. But, Nola Anne Hennessy says people must be shown a better way to treat one another before behaviors can change.

In her new book, *No Boxing Allowed*, Hennessy discusses her personal journey of leaving an unhappy marriage, finding a new path without fear and healing herself of a lifetime of suffering.

"I have witnessed and been a victim of various acts of violence and inhumanity," says Hennessy. "It is these acts that inspire me to do everything I can to turn around what is clearly wrong in our world."

No Boxing Allowed takes readers through the path Nola took to achieve self-intelligence and inner serenity.

"Having been in senior leadership business roles from the age of 19, my abilities to lead, inspire, manage, nurture and influence others have culminated in decades of research," Hennessy says. "I decided to share what I have learned, so that others could benefit from my wisdom and experience."

This inspiring and compelling book is a guide to life and has become a much sought-after reference for people seeking to affect positive change around the globe. Readers are taught how to recognize personal power for the betterment of themselves, are provided with an invaluable checklist of great leadership behaviors, taught how to recognize controlling behaviors of others and inspired to be the best they can be.

Readers are encouraged to erase their fears, trust their abilities and remove their baggage.

*** Honorable Mention - 2012 New York Book Festival (category: Spiritual Books)**

*** Winner - 2011 North American Bookdealers Exchange (NABE) Pinnacle Award (category: Inspirational Books)**

No Boxing Allowed

By Nola Anne Hennessy

132 pages

Paperback 6x9, retail price: \$16.95

ISBN: 9781452504377

Available at www.amazon.com and www.barnesandnoble.com.

About the author

Nola was born in Sydney, Australia and is renowned for her people skills, business acumen, and astounding level of energy and passion. She was named one of Rotary International's Inspirational Women of 2011. Nola's extensive career of managing people, clients and family priorities is the solid foundation for what she brings to her readers. She is living proof of the

profound rejuvenating and soul-nurturing power of the subconscious mind, its unquestioned link to conscious decision-making and the mind's ability to re-program itself permanently.

#

****FOR IMMEDIATE RELEASE****

EDITORS: For review copies or interview requests, contact:

Brandon Kline

Phone: 317-275-2057

Email: bkline@bohlsengroup.com

(When requesting a review copy, please provide a street address.)