



**Serenidad**<sup>™</sup>  
C o n s u l t i n g

## **Positive Power, Peace, Enhanced Relationships and Optimism During Change**

**Guiding You in the Journey to Self-Intelligence, Positive Personal Power, Great Leadership, and Permanent Peace in Relationships**

CANBERRA, Australia, Sept. 28, 2010 — Author Nola Anne Hennessy shares facts, lessons and strategies in her first two books, *No Boxing Allowed* and *From PMS to PMA*, written to teach and guide in every context – personal, organizational, community, country and global.

*No Boxing Allowed* provides insight into power, inner peace, great leadership, permanent positive change and excellence. It will challenge emotions, beliefs, opinions, and attitudes whilst helping everyone to journey way beyond their current boundaries. Its emphases include an empowering self-help guide to achieving self-intelligence; a checklist of great leadership behaviors and attitudes; clarity about personal and positional power; and a more effective use of power in traditional “command and control” organizations, and contexts.

*From Pre-Menstrual Syndrome (PMS) to Positive Mental Attitude (PMA)* is the sequel book on relationships, harmony and change. It reinforces the need for compassion and is an easy-to-read Change Management Guide for Women (and their Men). Women and men are enlightened and challenged to manage change; shown how to recognize, remove and grow beyond self-imposed barriers and destructive behaviors and attitudes. This book’s value as a reference text in anti-violence, child/welfare and family relationships is growing each month.

*No Boxing Allowed* and *From Pre-Menstrual Syndrome (PMS) to Positive Mental Attitude (PMA)* are available online for purchase at <http://www.serenidadconsulting.com>, <http://www.amazon.com>, <http://www.barnesandnoble.com>, and <http://www.borders.com>.

Both books will be featured at the Miami Book Fair International in November 2010.

### **About the Author**

Nola Anne Hennessy was born in Sydney, Australia in 1957. Renowned for her people skills, Nola is also known for her love of life and fun and for her astounding level of energy and passion. She is recognized widely for her business acumen and, with no exceptions, successfully delivers up what’s considered “too hard” by others. 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.

Nola became a senior manager at 16 (in hospitality) and has three times risen to the top of her chosen profession, first at 19 (in hospitality), then at 31 (in finance and human resources), and again at 52. She is the Founder and Managing Director of Serenidad Consulting Pty Ltd, an Australian company providing global consultancy services in

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**PO Box 1098**  
**Ulladulla NSW 2539**  
**Australia**  
**[www.serenidadconsulting.com](http://www.serenidadconsulting.com)**

**Ph: +61 2 44556951**  
**Fax: +61 2 44553005**  
**ABN: 75 140 517 255**  
**ACN: 140 517 255**

excellence, great leadership and positive personal power. Nola does what she teaches, promoting peace, calmness, and compassion in every context.

To request a complimentary paperback review copy, you may contact Jay Smith at BookWhirl.com by phone at (877) 207-1679 or by email at  [Info@BookWhirl.com](mailto:Info@BookWhirl.com)