

The multi award-winning, sequel and companion book to *No Boxing Allowed*, this compassionate and easy-to-read Change Management Guide for Women (and their Men) has already won 6 awards across the USA during 2012 and 2013.

From Pre-Menstrual Syndrome to Positive Mental Attitude is written by the woman who's been there, found the cure and lived through the continual self-testing and validation in order to show women and men around the globe the *very bright light* at the end of the proverbial tunnel! Nola blows the myths of Pre-Menstrual Syndrome (PMS) and that 'women and men think differently' right out of the water. Readers are challenged to manage change; shown the real cause of PMS and how to recognize, remove and grow beyond self-imposed barriers, and destructive behaviors and attitudes; focused positively on the future; and enlightened to a *whole new way of relating and living* using a Positive Mental Attitude. This book's value as a reference text in anti-violence, child/welfare and family relationships is growing each month around the globe.



Nola Anne Hennessy

Born in Sydney in 1957, Nola calls 2 places homes – Australia and Texas. Nola is renowned for her people skills, love of life and fun, business acumen, and enduring energy and passion for making a positive difference. One of Rotary International's Inspirational Women 2011, Nola rose from a childhood of severe constraints to become a senior manager at 16 and has three times risen to senior leadership and the top of her chosen profession. She leads the global consultancy Serenidad Consulting in its strategic intent to facilitate peace, and provide services and products that are a cut above the rest. Her guiding principles in business and other aspects of life are excellence, great leadership and utilizing positive personal power to achieve peace in relationships at every level around the globe.

Respected widely for decades as a polished professional and expert management consultant across all business risk domains, Nola successfully delivers up what others call "too hard". Nola offers unrivalled and unique experience as 'the CEO on the shop floor' multiple times, is an accomplished and professional speaker, facilitator, change agent, educator, negotiator, mediator, presenter, interviewer and host. Since the beginning of her public and media appearances in the mid 70's, Nola continually takes on the topics, issues, debates and subjects others perceive with fear or hesitation – for one reason only: Nola "knows her stuff" and knows how to get the message across so that her readers, students, viewers and listeners feel empowered to act.

Nola does exactly as she teaches, is a Fellow of the Australian Institute of Management and a member of the UN Association of Australia. Her work in growing alliances around the globe continues daily, she travels anywhere she's needed, and gratefully accepts challenges and opportunities as a means to facilitating positive change.



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