



MEDIA RELEASE
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WIRED FOR WORK/HOME STRESS RELIEF

- Cheetham CD combats stress for working parents

Sky-rocketing stress-levels being experienced by Australian working mums and dads have inspired a new audio CD produced by respected Melbourne-based psychologist John Cheetham.

Scripted and narrated by qualified and experienced psychologists, 'Back on Track' is a unique audio resource designed to assist working parents to achieve a happier and healthier home-to-office transition.

The two-disc production covers such topics as 'The nature of change', 'Our thinking and its effect', 'A tip for parents', 'Procrastination', 'Taking control', and 'Living one day at a time'.

According to John Cheetham, the secret to 'Back on Track's' success is the audio format on CD.

"Observations show people become less distressed and are able to turn around negative situations more quickly when they have the knowledge and skills to intervene in their own thoughts at the time when a crisis is occurring."

"The irony is working parents who want to learn how to reduce stress often can't spare the time to visit a psychologist or a counsellor," Cheetham said.

"This means the very things that get them 'off track' – physically, psychologically, emotionally and spiritually – also prevent them from having time to seek out ways to get back on track.

"By putting practical advice and stress reducing strategies into an audio CD that can be listened to in the car, at work or at home - time is no longer a barrier."

'Back on Track' retails for \$32 (plus postage and handling) and can be ordered via www.feelbetter.com.au, calling 03 9532 1911 or through all good bookshops.

Part proceeds from each sale of 'Back on Track' are being donated to the Skyline Foundation, a charity dedicated to ensuring that specially talented and disadvantaged teenagers have access to educational opportunities to help them develop their strengths. Visit www.skylinefoundation.org.au

Founder of the Cheetham Consulting Group, psychologist, author and broadcaster John Cheetham specialises in trauma counselling, working through challenging family dynamics and encouraging personal motivation.

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