

ARTS events spotlight

Mr. Feelgood

Author Daniel Rutley offers guidance on how to discover fulfillment

Move over Dr. Phil...

Daniel Rutley is a star on the rise.

Rutley is an author whose 20 years of experience in the field of personal development, coupled with a solid foundation in the disciplines of sociology, anthropology, philosophy and psychology has lent him a unique perspective on how best to deal with our most common emotional, relationship and behavioral problems.

In his newly released book, *Escaping Emotional Entrapment: Freedom from negative thinking and unhealthy emotions*, which has won praise from such esteemed experts as John Gray, author of *Men are from Mars, Women*



are from Venus, Rutley has encapsulated his broad understanding in a straightforward, refreshing read that offers a guide to finding peace and fulfillment in life.

“Instead of delving into your past to solve the problem,” Rutley explains, “I like to deal with the here and now.”

Included in the book are home-

work exercises, plus an entire section on having fun. Check out www.DanielRutley.com to download his FREE article, *What Your Parents Never Taught You: How to Feel GREAT!*

Self-help Guru...

Daniel Rutley’s sensational new book, *Escaping Emotional Entrapment* is now available in stores or online at his web site.

editor's VIEW

Working towards a healthy state of mind

by Kristy Elik
Managing Editor

Last Monday morning, I had the pleasure of sitting down and enjoying an animated conversation with one of the brightest, most articulate people I’ve ever met.

His name is Daniel Rutley, and it’s a handle you should remember because this man is destined for greatness. You know how some people are effervescent? They glow with such an inner light that you can’t help but feel warm yourself? He’s one of them.

And after discussing life, love and all my wacky emotions with him, I felt better for having met him. His philosophies about how to find fulfillment and inner peace seem so rational, so easy to put into practice.

Hang upside down from a tree some sunny afternoon, he told me. Sing in the shower. Take off your shoes and walk in the grass. Sounds good to me.

As luck would have it, Rutley has written a book called *Escaping Emotional Entrapment*. I’m not one for book reviews, but whatever your mental state, I strongly suggest you pick it up.