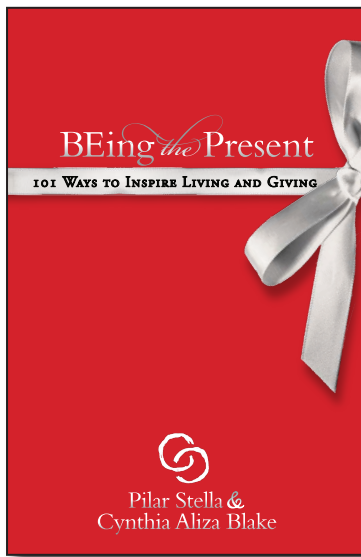


# FOR IMMEDIATE RELEASE

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## *Eckart Tolle meets Chicken Soup in a new book released for the 2008 Holiday Season - November 19, 2008*



Pilar Stella and Cynthia Aliza Blake are releasing their book *BEing the Present, 101 Ways to Inspire Living and Giving*, for the 2008 holiday season. Packaged like a holiday gift in and of itself, this delightful book offers the reader insightful personal journeys to understanding the powerful relationship between living in the moment and giving. With vivid quotes, amusing anecdotes and diverse real-life stories, this collection of honest moments helps the reader to explore the rich landscape of “The Present” and find inspiration for reflection and to take action in their lives. The authors also offer the opportunity for readers to write in and share their stories for future publications at [www.beingthepresent.com](http://www.beingthepresent.com). Through this book, the authors take the thoughts of Eckart Tolle and the compassion of Chicken Soup for the Soul and personalize it into stories and concrete action to help the reader to live life in the moment.

Bestselling Author Barbara DeAngelis wrote of *BEing the Present: 101 Ways to Inspire Living and Giving*, “There is no greater gift that we can give to ourselves and others than being in the moment. Pilar and Cynthia offer you uplifting and inspiring stories that can help you live your own life with more peace and harmony and find meaning in every moment. This book is a delightful reminder of what is truly important.”

Through this book, Pilar and Cynthia hope to inspire others to live fully in the moment and take time to give to themselves and others. Pilar was inspired to write the book because she woke up one day and realized that she really didn’t know how to live in the moment and that she had spent most of her life worrying about the past, stressing out about the future and giving to others rather than herself. Through this book the authors identify ways to live more fully right now rather than worrying about the past or planning for the future to help themselves and others. For Cynthia it was a journey about loving herself and forgiveness in her life.

Colorado Lieutenant Governor Barbara O’Brien wrote, “In *BEing the Present*, Pilar and Cynthia are conscious about harmonizing their daily life with their core values. Finally! A book about the journey and importance of creating a sense of ‘abundance’ moment by moment in our families, our communities, our work and our lives.”

Pilar Stella is CEO and Founder of OneGiving™ ([www.onegiving.com](http://www.onegiving.com))—a global organization that empowers, inspires and connects people in giving. Through OneGiving™, gifts of every kind will be leveraged globally to create a significant flow of funding to vital organizations all around the world to create change on the planet. Pilar advises corporations, philanthropists and foundations to be more strategic in their giving and counsels investors in socially conscious investing and leveraging resources with policymakers, nonprofits and community. As a speaker, she works with young people, women and other audiences about living in the moment and speaking their truth; strategic giving, corporate social responsibility and socially conscious investing; and multicultural, human rights, social justice and other policy issues as well as other topics to inspire action for change and making a difference on the planet. Pilar lives in Venice Beach, California.

Cynthia Aliza Blake is a life coach, health and wellness consultant and co-founder of OneGiving™ who inspires and empowers others to recognize their gifts, radiate health and attain success in their lives.

For more information about the authors, contact Pilar Stella at [pilar@onegiving.com](mailto:pilar@onegiving.com) and Cynthia Aliza Blake at [cynthiablake@mac.com](mailto:cynthiablake@mac.com) and for media materials about the book go to [www.beingthepresent.com](http://www.beingthepresent.com)