

# BOOKS WORTH READING



## What Price Are You Paying to Live The “Good” Life?

(NAPS)—The headlines in today’s newspapers prompt us to ask if the good life is really good for us after all.

In fact, it could be argued that a number of the more notorious recent public scandals, including the corruption at Enron or the conviction of Martha Stewart, resulted when individuals decided to pursue the “good” life at the expense of an ethical life based on simple decency and honesty.

However, one author suggests that by focusing on what she calls *The Inner Bottom Line™*, we can easily discover how taking responsibility for our choices can help us create a less stressful, manageable and truly good life.



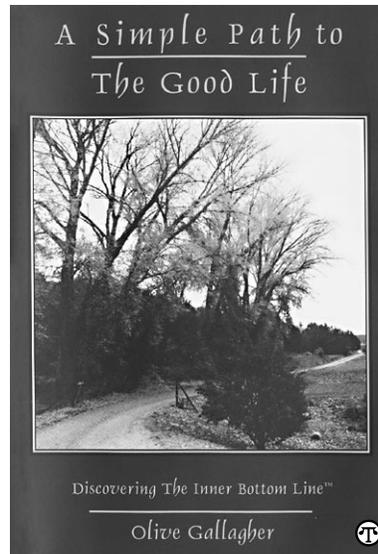
Gallagher

According to Olive Gallagher, author and syndicated columnist of *The Inner Bottom Line™*, “Every moment of your life presents you with choices. It is the choices you make and what you do with them that determine the value and integrity of your life.”

Gallagher claims that ethics, rather than being a boring, holier-than-thou, eye-glazing subject, can be an organic and practical foundation upon which anyone can build a more satisfying, clarified life.

Her new book, *A Simple Path To The Good Life*, offers the reader an accessible and universal approach to determine what values are essential and how to protect and respect those values.

No matter how complicated the dilemma, Gallagher’s simple approach that factors credibility, intention and boundaries into every choice can help you get clear, respect and honor your core ethical



**A new book offers advice on how to live a more ethical life in the modern world.**

values and make better decisions at work and in your personal life:

- Step One—Sort out and identify the real issue.
- Step Two—Clarify what values are at stake and what you want and deserve to have.
- Step Three—Determine what values are not negotiable and respect and trust your boundaries...no matter what.
- Step Four—Be accountable for the decision you make and its impact on others.

The basis for any ethical decision is determined not only by acknowledging and accepting whatever emotional or tangible price you’ll have to pay to get what you want, but also by taking responsibility for the impact your actions and words have on the world around you.

The book, *A Simple Path To The Good Life*, is available online at [www.theinnerbottomline.com](http://www.theinnerbottomline.com) and wherever books are sold, including Borders, Barnes & Noble and Amazon.com.