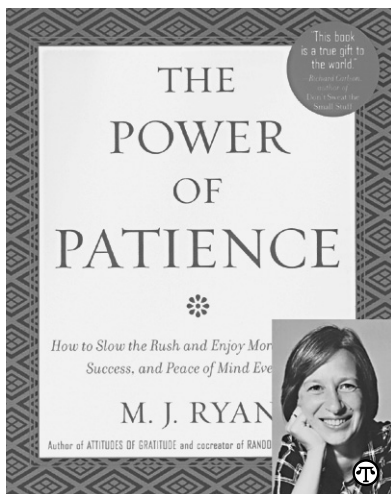


Books Worth Reading

The Power Of Patience

(NAPSA)—Speed dials, lightning-quick modems, fast food on the run, a diagnosis and Rx from the doctor in under 10 minutes—the relentless rush of frenetic everyday life in the 21st century can frazzle nerves and leave many feeling somehow unsatisfied.



A new book shows how to slow the rush and enjoy more happiness, success and peace of mind.

A practical and inspirational antidote is offered in *The Power of Patience* (Broadway Books, \$14.95) by M.J. Ryan, author of *Attitudes of Gratitude* and one of the creators of the *Random Acts of Kindness* series. In this book she describes the life-changing force of patience in the midst of hectic lives.

“The longer I study and practice patience, the more I’ve come to see that it is a crucial factor in whether we have satisfying lives or not,” said Ryan.

For more information, visit www.broadwaybooks.com.