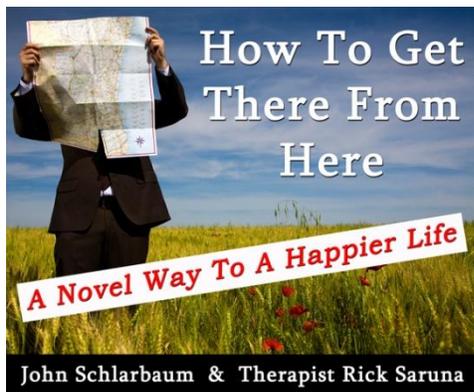




## FOR IMMEDIATE RELEASE

**An entertaining collection of personal growth advice  
to incorporate into the life you desire and deserve!**

November 12, 2020 - Windsor, ON Canada



If you have never heard of P.I. Steve Cassidy or read any of the fictional mystery novels in which he's the main character, don't fret. This distinctive new self-help book is still for you!

Spanning three novels, there is an abundance of Steve Cassidy and friends "nuggets of wisdom" that co-author John Schlarbaum had the idea to publish them as, *The Wit & Wisdom of P.I. Steve Cassidy*. However, to double the reader's pleasure, he contacted noted therapist and life coach, Rick Saruna, who transformed Steve's thoughts into real advice that he would give a client sitting in his Body & Mind Clinic.

Co-author Saruna has motivated clients for over 25 years. His previous book, *Thought Shifting*, has become the foundation for those seeking a better, more positive way of living. Rick is a counselor and psychotherapist that has worked with thousands of clients, including the Ford Motor Company, professional athletes, and sports teams. He is considered to be one of the country's top anxiety/stress experts and maintains an ongoing practice specializing in emotional issues such as anxiety, depression, fears, negativity, trauma, PTSD, and other emotional issues.

For Schlarbaum, he has overseen P.I. Steve Cassidy's emotional evolution as this character has struggled to come to terms with his past personal choices and where he is today: a disgraced former police officer who now works as a flawed private investigator. Above all, Cassidy is human with his own unique set of regrets, hopes, fears, and goals he wants to accomplish to live a healthy and happy life.

Just like you.

The result is *How To Get There From Here – A Novel Way To A Happier Life* where Fiction + Reality = Happiness!

For more information, or to purchase a copy, please visit: <http://johnschlarbaum.com>. The book can also be purchased on Amazon.ca and Amazon.com, as well as fine bookstores.

### **Social media:**

Facebook: Author John Schlarbaum (@scannerpublishing)

Body & Mind Clinic: <https://stressfree.net/>

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