

## **This Expert Says: "Don't Make a New Year's Resolution Until You've Read This Book"**

San Antonio, TX — As 2011 approaches we all get excited about the possibilities for the new year. But what good is it to sit down and make a list when you've got a lot of reasons you can't be successful? How can you know what you need to clear out of your life before you begin focusing on meaningful change? Dr. Dee Kite's book, *WHAT YOU'RE PUTTING UP WITH IS HOLDING YOU BACK: 5 Steps to the Freedom You're Waiting For!* reveals how to overcome the obstacles in life that keep people from the happiness and fulfillment they deserve.

Personal success coach, speaker, author, and blogger **Dr. Dee Kite** says while making your annual list of New Year's resolutions may make you feel better temporarily, it won't work. Dr. Dee regularly sees clients struggling with indecision, work and family balance issues, organization problems, stressful family relationships, dissatisfying careers, shopping addiction, and an inability to say no. She instructs clients to identify everything they're putting up with (she calls them "Ropes") and to eliminate them once and for all before they begin their dream list for 2011. Once they've cut all their "Ropes," then they're ready to define what results they really want from life and take action to bring about the desired change.

Perhaps the biggest surprise to most of Dr. Dee's clients is how quickly their lives change when they begin the five-step process. Suddenly problems that have been a burden for 15 years can be solved in 15 minutes.

Invite Dr. Dee to answer live calls and walk listeners through the process as she answers:

- Why do you call the things we put up with "Ropes?"
- How can what you're thinking contribute to your unhappiness?
- How can ignoring this book ruin your life?
- Why could complaining be the worst thing you do?
- How can putting up with things hijack your dreams?

**CREDENTIALS:** Dr. Dee Kite, MBA, CPA is an ACC Certified Personal Success Coach, author, and speaker. Her upcoming book, *Mastering the Art of Success*, features best-selling authors Les Brown, Mark Victor Hansen, and Jack Canfield. She has been interviewed by the *San Antonio Express-News*, *K107.1FM*, *Dresser After Dark*, *WLUV*, *KXYL*, *WSBA*, *WEEU*, and speaks to groups across the country.

**AVAILABILITY:** Texas, nationwide by arrangement, and via telephone

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