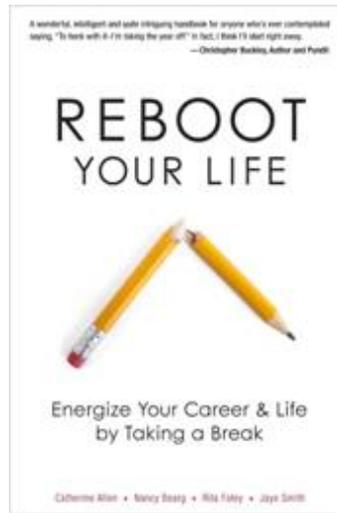


**For Immediate Release**



**Contact: Lynn Coppotelli**  
[Lynn@SmithPublicity.com](mailto:Lynn@SmithPublicity.com)  
856-489-8654, ext. 312

***Reboot Your Life:***  
***Energize Your Career and Life by Taking a Break***  
**by ‘The Sabbatical Sisters’ ...**  
**Catherine Allen, Nancy Bearg, Rita Foley and Jaye Smith**

**--Why Taking a Sabbatical Leaves You Recharged, Renewed and Revitalized**

*“Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.” ~ Mark Twain*

“What would you do if you only had one year to live?” Jaye Smith asked a table of women during an annual conference in 2006. The answers varied from travel, volunteer, and make a career change to taking more time to spend with family and friends. The women quickly realized the common thread between all their answers revolved around taking a sabbatical from the everyday.

When their paths crossed again a few months later, they greeted each other as ‘Sabbatical Sisters’ and a passion to share their conviction was ignited! Successful women from four different walks of life, Catherine Allen, Nancy Bearg, Rita Foley and Smith - the Sabbatical Sisters - embarked on a new path to show others how taking a

sabbatical can enrich your personal, professional and spiritual life.

In the Sabbatical Sisters' new book, *Reboot Your Life: Energize Your Career and Life by Taking a Break*, (Beaufort Books, 2011) they explain what a sabbatical is, why everyone should take one, how it affects your life, and when is the 'right' time to take one.

“A ‘Reboot Break’ affords the time to reacquaint yourself with who you really are and what you value,” says Foley. “It provides a fresh perspective, allowing you to return to your life and your career as a more innovative and creative person. It's giving yourself the gift of time.”

Like millions of people, whether you've lost your job, want to try your hand at a new career or are simply ready for a change, *Reboot Your Life* demonstrates how to make your dream a reality:

- Giving yourself the gift of time
- Types of sabbaticals: which one is right for you
- Planning and funding your freedom: it's easier than you think
- The heart of the Reboot Break: reconnection and exploration
- Renewed, recharged, now what?
- Deflecting nay-sayers and sabbatical robbers
- Living the lifelong sabbatical

*Reboot Your Life* gives real-life examples of how over 200 men and women, from all socio-economic backgrounds, and over 100 organizations/businesses have benefited from sabbaticals. With step-by-step tools and charts to plan your reboot, the Sabbatical Sisters help you recharge, renew and revitalize your life.

“Taking time out from work to reboot your life is not just a new and enduring trend; it's a necessity in our stress-ridden world whatever your age and stage of life and even in tough economic times,” explains Allen. “Meaningful time off can be an important path, not only to personal development, but also to career advancement.”

“Think about it: When's the last time you did anything for the first time?” adds Bearg.

**About the Authors:**

**Catherine Allen is an innovator and expert in financial services and technology and has held assistant professorships at several universities. Today, she owns and manages The Santa Fe Group. She lives in Santa Fe, New Mexico.**

**Nancy Bearg has had a long career in international security policy, including serving as National Security Advisor to the Vice President of the United States. Today Bearg works in the area of conflict prevention and post-conflict peace building, consults on national security, and teaches a university course on leadership. She lives in Washington, DC.**

**Rita Foley is a corporate director, retired Fortune 500 global president, and a committed leader in numerous organizations dedicated to improving the health and lives of individuals. Today Foley is an advisor with Crenshaw Associates, leading their board services practice. She lives in Brooklyn, NY.**

**Jaye Smith is the resident expert on the topic of navigating careers. Today Smith continues to work with her former firm, Partners In Human Resources International, as well as designs and facilitates team and organizational effectiveness programs for corporations, not-for-profits and universities. She is an honored adjunct faculty member at a major New York university. She lives in New York City.**

**The sabbatical sisters have collectively taken 12 sabbaticals and individually have been featured in print, on radio and TV. Appearances include CNN News, ABC's Good Morning America, NBC's Dateline, PBS's Nightly News Business, and New York's WPIX. They also serve on several non-profit and national boards.**

**Website: [www.rebootbreak.com](http://www.rebootbreak.com)**

***Reboot Your Life* will be available in April 2011 at [www.Amazon.com](http://www.Amazon.com), [www.BarnesandNoble.com](http://www.BarnesandNoble.com), and in major bookstores and airports across the country.**

**Review Copies Available Upon Request**