

Simple Daily Ritual Arms Anyone Against a Rainy Day

PRESS RELEASE

For Immediate Release

The Wisdom Compass: Your 31-Day Journey to Wisdom-Filled Living

New York, New York – January 2011 – The Wisdom Compass is a new book, which takes the biblical book of Proverbs and brings it into the present as a vehicle for personal transformation. Why Proverbs? Wisdom Compass author Theodore Henderson says, "The answer is simple: The book of Proverbs was originally intended, when first published several thousand years ago, as a wisdom guide for those of faith to do what is right and for making sound judgments in sometimes-difficult circumstances.

Henderson suggests a daily 15-20 minute ritual as part of "The Wisdom Program" to help focus your life. There are combinations of four actions tips done each day to help you make the shift from directionless to personal transformation and arm yourself for whatever your day can throw at you:

Read Scripture

Read it devotionally or in small amounts. Take daily diminutive chunks of Scripture at a time. Read it and set a goal of reading the entire Bible (Scripture) in a designated time frame

Prayer

God speaks to us through his Word and the Bible is the main vehicle for this. We speak to God through our prayers.

Meditate

As you go through your daily scripture focus on their meaning and importance to you.

Goal Review

There are several goal-setting strategies but I like to stay with the SMART - Specific, Measurable, Attainable, Relevant, and Time bound - approach because it has worked well for me. Real goals meet these criteria.

The Author will continue participating in interviews (see media at www.theodorehenderson.com for schedule) and an authors panel on February 26 at the ASALH Annual Luncheon in Washington D.C.

Visit www.thewisdomcompass.com and purchase your copy today either as an e-book or hardcopy and start your journey by reading a chapter a day and doing the straightforward and insightful exercises immediately. Amazon and Barnes & Noble also carry it online.

About the Author

During a career spanning over twenty years, Theodore Henderson has excelled as an articulate, organized, and successful business manager, entrepreneur, consultant, seminar leader, and speaker. He demonstrates a proven ability to build and maintain profitable, long-term relationships with a sophisticated client base. Theodore is a lifelong New Yorker who works with individuals who want to use biblical principles and Christian faith as a guide to success in all the key areas of life: spiritual, social, personal, family, and business. He is also involved in youth leadership training and has taken a special interest in mentoring and tutoring urban youth and the disadvantaged. Theodore is available for speaking engagements, book signings, and career coaching workshops. Please email info@theodorehenderson.com for information.

Visit www.thewisdomcompass.com (for book info and ordering) and www.theodorehenderson.com for timely articles and other information on a range of relevant topics.

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