

# GAIL PERRY JOHNSTON

AUTHOR | ART DIRECTOR | SPEAKER



As heard on NPR, Voice of America, View from the Bay, and FamilyNet TV, Johnston speaks with vulnerability, humor, and passion. Easily connecting with her audience and entirely guileless, Johnston inspires people of all ages and backgrounds to live life to the fullest.

Johnston owns a design and advertising business, has authored three books, and writes a monthly column for *Active Kids*. She lives in Northern California with her fine artist husband and two children.

SPEAKING ON:

## THE SOCIAL CAUSE DIET

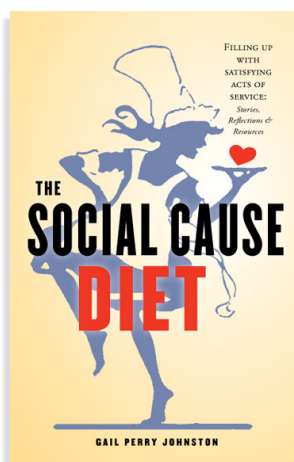
### Find A Service That Feeds Your Soul

In a country where over 400 diet books are published annually, why do problems with obesity and eating disorders continue to escalate? It could be that typical diet books share one major flaw: they perpetuate the dieter's focus on food and tendency to be self-absorbed. In reality, true health and well-being is achieved when we become free from our obsessions and appetites; when we shift our focus off ourselves and onto things of greater importance.

"Our country doesn't need another program for losing weight; we need a plan for losing a little of ourselves," relates Johnston. "Research indicates that people who give one to two hours a week in volunteer service have lower mortality rates, greater functional ability, and lower rates of depression.\* These are just a few of the many benefits of the Social Cause Diet."

Her presentation includes:

- A discussion on the surprising benefits of volunteering
- Stories of healing and inspiration from *The Social Cause Diet*
- Her own story: becoming more socially aware launched her recovery from an eating disorder
- An introduction to the four personality types and how they relate to volunteering
- Ample resources so everyone can find a service that feeds the soul.



"To serve others is satisfying enough," says Johnston, "but to serve in line with your strengths and interests is real joy."

\*"The Health Benefits of Volunteering" by the Corporation for National and Community Service can be downloaded from [www.nationalservice.org](http://www.nationalservice.org) or [www.socialcausediet.com](http://www.socialcausediet.com).

"He who refreshes others will himself be refreshed."  
PROVERBS 11:25

925-256-4040  
[www.gailperryjohnston.com](http://www.gailperryjohnston.com)

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Johnston is available for your:

- University/college/high school
- Volunteer center
- Church retreat/conference
- Club/civic organization
- Professional society

To invite Gail Perry Johnston to speak, please call her at 925-256-4040.

SPEAKING ON:

## ACCESS YOUR CREATIVITY

### Enjoy creativity in your life, work, and relationships

As an accomplished art director, author, and entrepreneur, Johnston has a lot to share about being creative. She is passionate about helping people utilize their creativity to enhance all areas of their lives. "In today's challenging environment, it is more critical than ever to use everything we've got and make the most of everything we have," reports Johnston. Her unique concepts include:

- "Breakthrough creativity" versus "leveraged creativity"
- The value of both "divine inspiration" and "nurtured inspiration"
- How to recognize creativity-killers and what to do about them
- Five "transition tricks" to keep creativity and productivity flowing

## TEN TIPS FOR RAISING KIDS WHO CARE

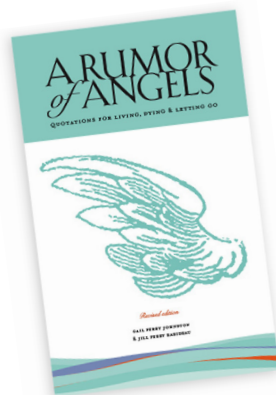
Johnston offers practical and everyday ideas for bringing up kids to become people who care about others, their world, and themselves. Backing up the axiom that "it is more blessed to give than to receive," Johnston offers insight into what we can do to help our children live truly blessed lives. Her monthly column on this topic can be read at [www.activekidsdirectory.com](http://www.activekidsdirectory.com).

## THE ART OF LETTING GO

Inspired from her research for *A Rumor of Angels: Quotations for Living, Dying & Letting Go*, Johnston explains how letting go can lead to freedom like you have never known.

Letting go is not about denying your emotions, nor about being complacent, nor about leaving behind the memory of a loved one.

What letting go requires is an awareness of your situation, an understanding of the strength of your will, and the habit of forgiving. Johnston unpacks it all, using analogies, personal experience, and the wisdom of great minds of the past.



*"Let us not look back in anger, nor forward in fear, but around in awareness."*  
JAMES THURBER

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