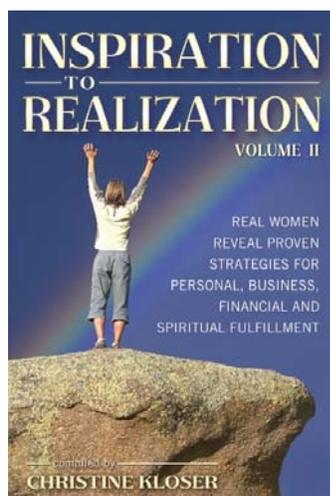


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For Immediate Release

Los Osos resident Constance Hart, nationally-recognized color therapist, creator of Conscious Colors® and Color Aromas™ is one Of 38 Contributors In New Book



LOS ANGELES, California, March, 2006 –

Constance Hart is one of 38 women entrepreneurs whose expert chapter is featured in the newly released book: *Inspiration to Realization: Real Women Reveal Proven Strategies For Business, Personal, Spiritual and Financial Fulfillment (Volume II)*.

Inspiration to Realization offers a master plan for personal and professional breakthroughs and summits. Divided into three sections -- spiritual, personal, and business/financial -- the topics covered include:

- How to start a business with your head... and your heart.
- Five strategies to help you keep more of what you make.
- How to utilize color to feel lighter & brighter at work & at home.
- Discover six simple steps to manifest your dreams.
- Discover the secrets that six-figure women use to achieve business success.
- And much more!

Hart contributed the chapter entitled “Your Higher Self is Just a Color Away” and offers a color energy guide to greater understand each color’s positive effect on your body, mind & emotions.

“Color is an invaluable tool we have to enhance our life experience. You see scientists reveal that we humans are more than just physical matter rather we are energy, and colors are the waves of energy that we can actually see. This makes color an easily accessible energy source you can call upon to realign and balance your inner self. Each color has a distinct vibration that mirrors various energy frequencies in your being and thus acts like a magnet to bring internal harmony. If you’re interested in realigning, balancing and/or elevating your energy, exposure to a particular color or color combination will successfully create a shift.”

Like a symphony of self accomplished female professionals, *Inspiration to Realization's* authors reflect a varied group of successful artists, business owners, life coaches, consultants, CEOs, TV executives, inventors, and psychologists. They are also thriving individuals, girlfriends, wives, mothers, daughters, grandmothers, and sisters.

The book's premise holds that women collectively share in the pursuit of a vibrant, well-rounded life. Yet, an overemphasis on career and business endeavors while shortchanging personal or family matters carries a profound unseen cost. Conversely, if an individual's focus strays too far into the spiritual at the expense of long-term financial consideration, then true freedom becomes fleeting. This book is simply about having it all.

Inspiration to Realization can be purchased online for \$19.95 (plus tax and shipping), at www.consciouscolors.com or email Constance Hart @ constance@consciouscolors.com

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