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**36 simple ways to add more joy to your everyday life**

NEWNAN, GA – January 20, 2019 – Being unhappy has less to do with money and life circumstances than the average person might think, and according to the Terman Study from Stanford, just being around unhappy people can lead to poorer health and shorter life spans. It turns out happiness is really up to the individual.

*When In Doubt, Delete It!* (<https://amzn.to/2RJ7Row> or <https://www.barnesandnoble.com/w/when-in-doubt-delete-it-chellie-w-phillips/1130058121?ean=9781640854987>) by Chellie W. Phillips provides readers with 36 Life Edits designed to add more joy, clarity and success in their life. Life Edits are presented in a quick read format with Deeper Edits at the end of each chapter allowing the reader to stop and focus on how each section fits into their daily life. When you add more joy to your life, you laugh more and feel better. It improves your health, inspires you connect with others, and it begins to spread. According to Mental Health America (<http://www.mentalhealthamerica.net/create-joy-and-satisfaction> ) good feelings boost your ability to bounce back from stress, solve problems and even fight disease.

*When In Doubt, Delete It!*  combines Phillips’ 20+ years of experience in mentoring, corporate teambuilding and public relations with metaphorical proofreader marks on life. She shows readers how to change their thoughts by using the concepts of delete, insert, move, begin and stet. Life Edits encourage readers to:

— delete things holding you back.

— insert qualities and ideas that help you grow.

— begin adding new experiences to stay out of a rut.

— remain true to yourself.

— move toward the door of opportunity.

“I’ve been there,” Phillips said. “I’ve woken up knowing there had to be more. I was determined not to waste another day living unfulfilled, undervalued and wanting more. The 36 Life Edits in *When In Doubt, Delete It!* are real life. I want women to know they can take their personal and professional life to the next level and in turn they can influence and help others along the way.”

Phillips’ simple techniques are resonating with women from all walks of life.

*“Life Edits* are a fun, unique, and refreshing way to receive great life advice,” Nikki Stephens, Covington County Assistant District Attorney, said. “Chellie’s personal anecdotes are so relatable and inspire you to evaluate the important things in life, and then to do what it takes to relentlessly pursue those things as you work toward becoming the best version of yourself.  If you’re feeling unsatisfied personally or professionally, this is a must-read to rediscover and reignite your passion, so you can live a successful and fulfilled life.”

*“When In Doubt, Delete It,*shows women how to love, accept and honor the authentic human beings they are through the process of Life Edits,” Angela Dailey, owner and publisher of *West Georgia Woman* magazine said. “Chellie helps women from all walks of life take charge of their situations and empowers them to unlock the potential they have within to become more successful in their personal lives and in business.”

“Reading *When In Doubt, Delete It!* is similar to receiving sage advice from a good girlfriend,” Cristina Bowerman, Executive Director, Newnan-Coweta Habitat For Humanity Inc, said. “Chellie uses her gift of writing to share sound, practical advice that can be used by any woman at any stage of life. Utilizing an editor’s approach to everyday life allows readers to realize how quickly we can stop and make changes instead of accepting that our story has already been written.”

Phillips, a sassy southerner with a passion for helping women write their own success stories, has over 20 years of experience in public relations and journalism. She serves her community and profession through involvement on boards including: Newnan-Coweta Communities in Schools, Coweta Community Foundation, Cooperative Communicators Association and Certified Rural Electric Communicators. She’s a volunteer with Alpha Delta Pi sorority and 2000 recipient of the Outstanding Alumnus Award from the Troy University Journalism and Print Department.

*When In Doubt, Delete!* It is available nationally, in Kindle format on Amazon at <https://amzn.to/2RJ7Row> and Barnes and Noble at <https://bit.ly/2ACybXx> . For more information, contact Phillips at [contact@chelliephillips.com](mailto:contact@chelliephillips.com).

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