

For Immediate Release

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Bye-bye PDA: Why choose a paper planner?

Woodstock, GA. – March 10, 2010 – Are you always on the search for the next great thing that will organize your life? Have you always delighted in a daily planner with columns and boxes that could give you the perfect, neat way to manage your time? Or, do you carry around a portfolio or three-ring binder sub-divided into sections for work, home and kids? Guess what? You might need a paper calendar.

If you're like many Americans, you probably own an iPod Touch, iPhone, Blackberry or other smartphone with access to thousands of productivity applications. You might also have a desktop computer at both work and home, along with a laptop at either place. With the proliferation of mobile devices, many paper planners have been ditched in favor of an electronic solution.

Yet a paper planner provides immediate gratification — so, unless you're around your computer a lot, with paper you can just write something in and keep going. With most software applications you have to wait for the application to boot up. Plus, these programs try to cram everything in, creating a scattered interface and a steep learning curve.

With a paper planner and a pencil you don't need batteries or charging cables. It's portable and accessible. There is no learning curve...it is simple and fast. Plus, there is nothing more satisfying than marking through a task that you have completed. Try to mark through that completed task flashing on your computer screen and you're probably going to ruin your monitor (plus you have to boot up your device to access your planner and task list). You can flag items and carry other papers inside the planner as well.

According to work and health journaling expert Angela Shipp, the lack of consistency across multiple platforms can hinder organization. "I have a Dell at home, and I sit at a Mac at work all day. My iPod Touch, Mac and Dell do NOT play well together when I try to share my calendar on all three systems."

Shipp, author of the **bluehealer® diary**, says the personal organizer has blanks for everything from your personal daily schedule, to your child's appointments, to important medical information. What's unique about the **bluehealer® diary** is the ability to track everything important in your life all on one page. By doing so you can bring order and peace to your life and even make a connection between stress and your health.

The bluehealer diary is a paper planner that makes it easy to write something in and keep going. The trick is not to pack tasks into an over-extended schedule, but to make choices based on personal goals, family needs and your health.

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Publication date:

2/2009

ISBN 978160264288-1

\$17.95 Softcover

168 pages

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Below is a list of things that the bluehealer diary has made it easy to track. Always use a pencil so that as things change you don't need Liquid Paper or correction tape.

- Daily to do list
- Work schedule
- Child(ren)'s schedule and school events
- Spouse's schedule
- Doctor appointments
- Health events such as medications taken each day, symptoms
- Mental status (such as whether you are feeling stress or high anxiety)

While this might seem like a lot to keep in one planner, you might find that having it all in one place helps you make connections between your daily routine and your health. After all, many of the health challenges people face today are due to overextending themselves for work, family and other responsibilities. Trying to load too much on your plate or not considering carefully what you can do, regardless if it is a personal goal one that originated because of a family obligation.

About bluehealer® diary

Do you want to know what you ate before you became violently ill? Or did you notice that your chronic condition became worse during allergy season or periods of high stress? A health journal is an easy way to keep track of scenarios like these. It can help you understand what makes you sick, how to take care of yourself, and how to keep yourself healthy. That's what makes the bluehealer® diary unique. Track not only daily work and family activities, but also exercise and health events on one page, all at-a-glance. By doing so you can bring order and peace to your life and even make a connection between daily activities, stress and your health.

Because of the flexibility to customize the columns as well as the inclusion of health journaling options, the bluehealer diary is perfect not only for those who have a chronic health condition, but also for working moms and stay-at-home moms. Take control of your life and your health with the bluehealer® diary, an effective way to stay organized and on schedule while tracking symptoms and medication related to health and chronic illness.

About the Author

Angela Shipp has learned to balance a hectic career and busy social calendar while staying healthy and organized at the same time. She is the author of bluehealer® diary, a personal command center for family schedules and health journaling. The bluehealer® diary can be found at www.bluehealeradiary.com.

The bluehealer® diary is published by Virtualbookworm.com Publishing, one of the most established POD publishers in the industry, having been in business since 2000.

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