

## For Immediate Release

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### It's 2 o'clock — Do you know where your child needs to be after school today?

Woodstock, GA. – April 29, 2009 – It's 2 o'clock—Do you know where and when your child's next activity is? What about your next appointment? Your important medical information?

If you answered “no” to these questions, you are in need of a daily organizer. After all, how would you feel if you missed your child's soccer game or that important meeting with the boss? Or are you double booked for a doctor's appointment and a volunteer meeting?

According to work and health journaling expert Angela Shipp, these scenarios are all-too-common. Shipp, author of the just released book, **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.

Many Americans are overwhelmed with balancing a hectic schedule. The **bluehealer® diary** enables users to track family activities, to never miss appointments and to have important details about their health again readily available when needed. Users can customize **bluehealer® diary** to stay organized and on schedule while tracking symptoms and medications. Track work, home and kids' schedules alongside personal health data like blood pressure, blood sugar, diet and exercise.

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*Angela Shipp has learned to balance a hectic career and busy social calendar while staying 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.bluehealerdiary.com](http://www.bluehealerdiary.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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