



QV Press

## **NEWS RELEASE**

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### **Thinking Anew Helps Reader Find Aha! Moment**

*Unique approach to psychotherapy puts the power of change in the addict's hands*

**FULLERTON, CA (November xx, 2012)** – What do you do when you believe you are powerless to effect change? Have another drink? Enjoy that ice cream cone you so desire? Try a designer drug? Not all alcoholics, drug addicts and overweight people are found in trash-strewn lots, abandoned buildings or on skid row. Most substance abusers know how to hide hypodermic needles, crack vials, candy wrappers and vodka martinis...until it's too late.

The phenomena of addiction is a threat to our country and our way of life. Being out of work is tough during the “great recession” but just add a whiff of addiction to your resume and an out of control life can go on for a very long time.

Communicating with your subconscious or altering your deeply held beliefs often requires more than a strong desire or deep feelings of guilt. Gene Moynihan, a psychotherapist, teaches people how to think anew.

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## 1st Add

### Thinking Anew Helps Reader Find Aha! Moment

Now in private practice, he had the contract with the New York City Police Department for some 10 years helping law enforcement officials manage suicide risk, marital problems, trauma and substance abuse. Moynihan wrote a book that helps people find the passion to make change stick. The book's title is *Thinking Anew: Harnessing the Power of Belief*.

While Moynihan doesn't have the power to make people change, he has an approach...a hard won methodology of getting people to create their own *a ha!* moment. This powerful approach has been around for thousands of years and is still about the most powerful thing people can do to create a passion to change. In a generic sense, it is written goal focused self-improvement. ..the power of the written word.

Watching someone change for the better is an incredible high. Getting their attention, the tentative steps, the doubts, the realization they can change, the new person becoming what they are meant to be and then the *a ha!* moment...when they truly understand their situation and know they have the ability to make change stick.

Gene Moynihan is available for interviews at 917-416-3448 and is located on Long Island, New York. As he says "Some days I wake up talking."

## **2nd Add**

### **Thinking Anew Helps Reader Find Aha! Moment**

#### **About Thinking Anew**

A street wise psychotherapist helps clients find the passion to make change stick. With the clever use of a black and white composition book format, the author outlines a powerful methodology to communicate with your subconscious. The book's design brings the reader back to a time when they were wide open to learning new information. The power of the written word has been known for thousands of years. Gene Moynihan, a licensed psychotherapist and thought leader, shows the reader how to use the power of written goal focused self –improvement to think anew and become what they are meant to be. Now in private practice, he had the contract with the New York City Police Department for 10 years helping cops manage suicide risk, marital problems and substance abuse. It has been his experience, if a client writes daily, he can right his life within 90 days. QV Press is an independent book publisher. For more information, please visit **Error! Hyperlink reference not valid.** or call Eugene (Gene) Moynihan, author, at 917-416-3448 or Richard (Dick) Quis, Managing Partner, QV Press at 714-992-2150.