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What Would Marilyn Say?

Supporting Women to Health & Happiness

by Diane Vines

ISBN 0-9726535-1-1 • \$15.95 • 240 pages • 6" x 9" trade paper

"Dr. Vines addresses the issue of women's health in a unique, inviting, and accessible manner."

— DR. BILL ROPER, former Director,
Centers for Disease Control

IMAGINE IF MARILYN MONROE had survived that fateful day in August 1962. Would she have turned her life around, stopped drinking and kicked the pills? As a woman revered for her embodiment of "woman-ness," Marilyn's perspective on contemporary women's health issues would fascinate readers of multiple generations. In a new release from Arnica Publishing, Dr. Diane Vines approaches the topic of women's health based on this very concept.

What Would Marilyn Say? Supporting Women to Health and Happiness is a first-person narrative with a "virtual" Marilyn as an observer in a group of women returning to college. Their weekly gatherings are filled with topical conversation about life, health and happiness. They discuss issues ranging from menstruation to menopause, and depression to dieting, and Marilyn comments to the reader about the group discussion. A "virtual professor" provides up-to-date, factual health information as an aside to the conversation, dispelling popular medical misconceptions. *What Would Marilyn Say?* is a unique and compelling approach to addressing women's health issues, kept interesting by enlightenment from a candle that was extinguished long ago.

Arnica Publishing, a Portland, Oregon based company, will soon release a companion book, *What Would Mickey Say? Coaching Men to Health and Happiness* (Mickey Mantle) by Michael Samuelson, chairman of the National Center for Health Promotion.

DR. DIANE VINES is a nurse, educator, and health care executive and public speaker on education and healthcare issues. Dr. Vines is available for interviews, book signings, and speaking engagements. Please call (503) 225-9900 for more information.

3739 SE 8th Ave., Suite 1

Portland, OR 97202

Phone: 503-225-9900

FAX: 503-225-9901

SAN: 255-0091