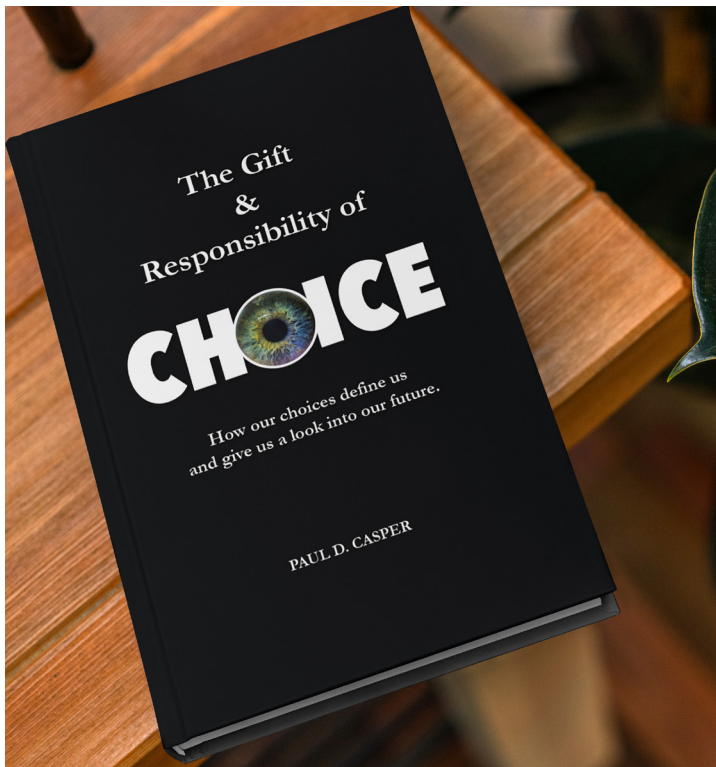


The Gift & Responsibility of CHOICE



The Book

Paul Casper's book, "The Gift and Responsibility of Choice", leads you on a journey to discover how choices both define us and allow us to look into our future. In a relaxed, conversational approach, Casper takes the topic of "choices" head on. He shares insights, inspirations and personal anecdotes about choices that went well and choices that weren't so great.

Our choices big and small have meaning. They determine what direction we are going in life. Our choices determine whether we are happy, joyful, sad, angry or fearful. "The Gift and Responsibility of Choice" celebrates the powerful gift of choice that we possess and helps us understand and better navigate the responsibilities that come with it. Make your next choice a step toward a happier, more fulfilling life for yourself and those around you.

INSIGHTFUL.
EMPOWERING.
STIMULATING.



The Author

Paul Casper is an author and speaker focused on how everyday thoughts, choices and actions can help people get more out of life.

After many years of helping businesses grow through his marketing firm, Casper Creative Group, Paul realized that his desire and passion was for helping individuals, not just companies, be all they can be. That was the beginning of a new initiative, *The Idea Spa, a spa for your mind*. The goal of The Idea Spa is to help people reduce stress and negativity, to help them discover more peace of mind and to allow greater joy and happiness in their lives.

The Idea Spa is the publisher of "The Gift & Responsibility of Choice" and Paul's first book "Let's Have a Great Day... Every Day!"

The website, theideaspa.com is the home base for his popular blogs.



Hardcover ~ Available at TheIdeaSpa.com and BarnesandNoble.com

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