



FOR IMMEDIATE RELEASE
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Overwhelmed? We've Found 'A Summer Read' For You!

*Join the Conversation – Read New York Times Bestselling Author Brigid Schulte's
"Overwhelmed: Work, Love, and Play When No One Has the Time"*

Carlisle, Pa. – Cumberland County Library System, along with public libraries in nine counties, has partnered with Aligning Forces for Quality – South Central PA and WITF to ignite meaningful discussion around the 'busyness' of our culture and to discuss ideas that might reduce the feeling of being overwhelmed.

Through September 17, the public is invited to participate in "A Summer Read," a unique program that encourages residents to visit local libraries to borrow "Overwhelmed: Work, Love, and Play When No One Has the Time," written by *New York Times* bestselling author and award-winning journalist Brigid Schulte and hold a discussion with their book clubs, friends, family and colleagues.

In the book, Schulte explains the various ways our lives have reached a frantic pace and have become too complicated. Schulte's experience as a journalist, wife, and mother allow her to intimately address wide-reaching stressors, as well as provide an optimistic perspective on how to tackle the busyness, find time for the important things, and live a fulfilled life.

"Prolonged periods of stress can have a direct impact on our health," said Chris Amy, project director for Aligning Forces for Quality – South Central PA. "Through 'A Summer Read,' we are diligently working with partners, such as WITF and the library systems, to increase conversation around the consequences of frenetic lifestyles and bring the community together to identify solutions."

Participants in "A Summer Read" will have the chance to win a free copy of the book, meet Schulte during a private book signing, and hear her speak on September 29, 2014 at York College. Thirty winners will be chosen from the drawing.

Copies of "Overwhelmed: Work, Love and Play When No One Has the Time," will be available for loan at libraries in Adams, Cumberland, Dauphin, Franklin, Lancaster, Lebanon, Perry and York Counties. Upon completion of the book, residents are encouraged to use the reader's guide for further discussion and complete a survey by September 17, 2014 to be entered in the drawing. Both the reader's guide and survey are available online at http://www.cumberlandcountylibraries.org/?q=Overwhelmed_ASummerRead and at local libraries.

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