

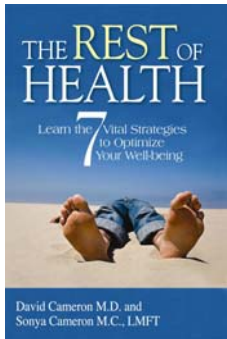
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## **Seven Skills to Achieve the Life You Desire** *New wellness book explores the rest of health*



**Dallas/ Ft. Worth, TX**—Mike staggers into the emergency room, presenting what he believes are the classic signs of a heart attack. Soon his condition stabilizes, and the E. R. doctor sweeps into the room to assess Mike’s problem. Mike is not having a heart attack, but the symptoms that brought him to the hospital have been caused by something...

Mike is the main character in *The Rest of Health*, a new work of creative non-fiction by authors David and Sonya Cameron. As readers follow Mike’s story, it soon becomes clear that there is more to his E.R. visit than meets the eye. *The Rest of Health* brings readers along as Mike confronts both the areas of conflict and the neglected facets of his life. Along the way, he discovers that true health is not something that can be achieved by simply producing the right numbers (i.e., blood pressure, weight, cholesterol). Mike’s journey to total health and wellness incorporates seven steps:

1. Looking to learn
2. Transforming your thinking
3. Establishing healthy boundaries
4. Caring for your body
5. Raising your emotional I.Q.
6. Cultivating your spiritual life
7. Fine-tuning relationships

The Camerons have been working in the healthcare/mental health field for over a decade, and both have chosen career paths that involve a cross-section of the general public. David has served as a family practice physician in a community health clinic for 10 years. Sonya has over 12 years of experience in community mental health and private practice doing marriage and family counseling.

“In both of our practices, we constantly see people who view health too narrowly. Many people think of health as dropping pounds, lowering blood pressure, etc. These are all good, healthy things, but when the underlying motive is simply to look better physically, that is evidence that a patient doesn’t really understand the meaning of ‘health.’ After working with so many patients, we have seen that before a patient can make lasting changes in any area of life—and this includes physical health—they must take a step back and look at the bigger picture of their life.”

The non-fiction information for the book was taken from the Camerons’ popular seven-week course on health and wellness and is backed by careful research. The fiction element makes that life-changing information intriguing to readers, especially men, who are statistically less likely to pick up a non-fiction book than women are.

“When we created Mike’s character, we tried to include the most common issues we observed in our practices. Mike is a composite of the experiences of hundreds of patients. We feel every reader will be able to relate to at least one aspect of Mike’s personal struggles,” Sonya says.

As readers observe Mike’s relationships within the many spheres of his life—work, home, friendships, church—they will see that true health and wellness affects every facet of our being: physical, mental, emotional, and spiritual. Poor choices in one area can harm our well-being in the others. For example, Mike’s habit of covering for an incompetent co-worker (failing to establish a healthy boundary) drains his enthusiasm and forces him to work longer hours. This negatively affects his relationship with his wife, and it leaves little time for exercise or recreation.

***The Rest of Health*** features a collection of helpful resources including worksheets and discussion questions at the end of each chapter, making it an ideal vehicle for church small groups, recovery groups or support groups. As Christians and health professionals (Sonya holds a seminary degree), the Camerons desire to see these health principles renew not just individuals, but the body of Christ as a whole. “We want to integrate the life-giving Christian faith with the knowledge and tools of healthcare professions and to equip people with skills for healthy living, that they might become better able to complete the ministry to which God has called them,” David says.

To find out more about ***The Rest of Health*** and the Camerons’ organization, The True Foundation, visit [www.TrueFoundation.com](http://www.TrueFoundation.com) and [www.TheRestofHealth.com](http://www.TheRestofHealth.com).

***The Rest of Health* by David and Sonya Cameron**

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## Biographies of David and Sonya Cameron Authors of *The Rest of Health*

**David Cameron** is a family physician in Lakewood, WA, who takes care of the whole family, delivering babies by night and treating adults and kids in the clinic by day. Serving as Clinical Faculty for the University of Washington, David trains medical students and residents in Family Medicine. He has managed the largest medical clinic for Community Health Care in Pierce County, an organization that prioritizes bringing affordable health care to under-served and under-insured patients. Integrating health expertise with his Christian faith, he speaks at churches and community organizations, often co-leading seminars with Sonya. David completed his undergraduate studies in biology at Duke University and attended medical school at the University of Washington in Seattle.

**Sonya Cameron** is a Licensed Marriage and Family Therapist and an Adjunct Professor for Life Pacific College. Her work includes writing, teaching and consulting. Sonya has served in various counseling, social work and ministry roles. This has enabled her to glean a broad perspective on health. As a public speaker, Sonya presents professional development workshops to counselors and lay leaders, and she offers seminars to various community groups and churches. Her writing has been featured in the professional counseling publication of the Washington State Association of Marriage and Family Therapy, and she has received recognition by her colleagues for her clinical research and writing on the topic of Emotional Intelligence. Sonya holds undergraduate degrees in counseling and missions/cross cultural ministry from Emmanuel Bible College in Ontario, Canada. She received her Masters in counseling from Trinity Western University in Langley, British Columbia.



The Camerons met and fell in love as college students serving in the mission field of Bolivia. Their shared love of ministry and volunteerism is evident in the activities they pursue both individually and as a couple. They are volunteers for a camp serving children in foster care and active participants of their local Foursquare church. Additionally, Sonya volunteers as a clinical advisor and consultant to a start-up organization doing women's prison and aftercare ministry.

Together, the Camerons are the founders of The True Foundation, an organization serving in the United States and Canada that works with community and health organizations as health educators and partners with churches from several denominations and non-profit companies to fill the role of para-church ministry. The True Foundation educates and trains individuals, churches and organizations to integrate key elements of Christianity with health care expertise. The Camerons' first book, *The Rest of Health*, is a work of creative non-fiction based on the core principles of The True Foundation.

The Camerons currently live in the Tacoma area with their two young children. They enjoy outdoor activities...when it's not raining.

## **Suggested Interview Questions for David and Sonya Cameron** **Authors of *The Rest of Health***

1. In *The Rest of Health*, readers will discover seven steps for recovering health and wellness—but these steps are woven into the fictional story of Mike, a man in need of serious life change. This is certainly an unexpected format for a health book. Why did you choose this unique approach?
2. Tell us a little bit about your background and your reasons for creating this book. What kind of reader did you have in mind as you were writing *The Rest of Health*? How is the book designed to be used?
3. Tell us about Mike. Where do we first meet him? What sources did you draw on to create this character? Why will readers feel a connection with Mike?
4. Can you give us an overview of the seven steps? How did you discover these principles?
5. In the book, Mike’s doctor introduces him to the idea of “The Pentagon of Change”—a model that demonstrates how the different aspects of our being are connected. Can you give us some real-life examples of how this idea plays out?
6. Many readers may be surprised that “Taking Care of Your Body” doesn’t happen until step 4, over half-way through the seven step process. Why isn’t “taking care of your body” the first step in recovering health and well-being?
7. Why is transforming our thought patterns a necessary step that must be completed before we can progress any further on the road to a healthy body, a healthy spirit and healthy relationships?
8. In the book, Mike experiences added stress at work because he has failed to establish a healthy boundary with a coworker. How do the boundaries—or lack of boundaries—in our lives reveal the things we value? What tips can you offer for redrawing those boundary lines?
9. What role does a person’s spiritual life play in his or her general health and wellness?
10. What are some of the obstacles Mike faces on the road to change? How will his difficulties resonate with readers?
11. In the book, Mike befriends a coffee shop owner named Isaiah. How does that friendship contribute to Mike’s changing attitude toward health and wellness, and what can our listeners take away from that?
12. One of the last steps in the process of recovering health and wellness is “Raising Your Emotional I.Q.” Why is this particular step so difficult for Mike? How has his aversion to emotional experiences affected the health of his marriage to his wife, Sara?
13. What do you hope this book will accomplish in the lives of readers?
14. Where can our readers find out more about *The Rest of Health* and your ministry, The True Foundation?

## **Q & A with David and Sonya Cameron** **Authors of *The Rest of Health***

**Q: In *The Rest of Health*, readers will discover seven steps for recovering health and wellness—but those steps are woven into the fictional story of Mike, a man in need of serious life change. This is certainly an unexpected format for a health book. Why did you choose this unique approach?**

A: We had been presenting the non-fiction material for *The Rest of Health* as a seven week course for some time before our students began suggesting that we adapt it for publication. As we thought about what that book would look like, it was very important to both of us that we capture a male audience as well as a female audience. During the early stages of writing, we came across some research that claimed that 90 percent of what men read is fiction. We were also inspired by the example of Jesus, who was the Master Storyteller, communicating eternal truths in parable form. We both like a good story, and we felt the material, with its focus on the many facets of health and wellness (social/behavior, spiritual, biological/physical, thoughts and emotions/feelings) gave us opportunities to explore various relationships between the main character and other key people/activities in his life. We wanted our readers to enjoy the learning process, and an engaging story is an ideal means for making that happen.

**Q: Can you give us an overview of the seven steps? How did you discover these principles?**

A: In our medical and counseling practices, we see the common issues that people face. More than anything, our experience has taught us that lives are not compartmentalized. People are not one-dimensional. There is a complex interplay between what is going on in everyone's physical, psychological, social, and spiritual lives.

Based on our training and clinical experience, we developed seven skills that we consistently see as the most influential for maintaining or recovering health and well-being. They have been field-tested in our practices with great results, and individually these concepts have been validated in medical and psychological literature. They are:

- Looking to learn
- Transforming your thinking
- Establishing healthy boundaries
- Caring for your body
- Raising your emotional I.Q.
- Cultivating your spiritual life
- Fine-tuning relationships

**Q: Who is the target audience *The Rest of Health* was written to reach?**

A: As we created this book, we had several kinds of readers in mind:

- The person who is ready for change but feels frustrated or discouraged
- The one struggling to select a source from the wide array of available health information and unsure how to implement it practically in his/her own life
- The medical professional, counselor, minister or layperson assisting people in search of better health
- Those looking for Christian living material for their church small group
- Anyone looking for sound, professional health information free from medical jargon and written in accessible language

**Q: Tell us about Mike. Where do we first meet him? What sources did you draw on to create this character?**

A: Mike is a software developer and all-around nice guy. He is married to Sara. He attends church from time to time. He likes to make people laugh, to help others and to do the right thing. We first encounter Mike in the emergency room, where Sara has brought him because he believes he is having a heart attack. It soon becomes clear to the reader that several areas of Mike's life are causing him serious stress, and *The Rest of Health* brings readers along as he discovers the seven steps that will change his life.

As a primary care physician with 10 years of experience in family practice, I (Dave) have seen patients of every age and background. Sonya worked in community mental health for five years and has operated a private marriage/ family counseling practice for seven years. We have treated and ministered to the general public for over a decade. When we were creating the main character for this story, we tried to include the most common issues we observed in our practices. Mike is a composite of the experiences of hundreds of patients. We feel every reader will be able to relate to at least one aspect of Mike's personal struggles.

**Q: Many readers may be surprised that “Taking Care of Your Body” doesn't happen until step 4, over half-way through the seven step process. Why isn't “taking care of your body” the first step in recovering health and well-being? Shouldn't we all be exercising and taking vitamins if we want to be healthy?**

A: This is a great question. You will notice that only one of the steps, or “skills” as we outline in the book, is even about physical health. In both Dave's medical practice and Sonya's counseling practice, we constantly see people who view health too narrowly. Many people think of health as dropping pounds, lowering blood pressure, etc. These are all good, healthy things, but when the underlying motive is simply to look better physically, that is evidence that a patient doesn't really understand the meaning of “health.” After working with so many patients, we have seen that before a patient can make lasting changes in any area of life—and this includes physical health—they must take a step back and look at the bigger picture of their life. Changes in the way we think and the way we go about making decisions makes it much easier to accomplish goals for our physical health. That's why the first step toward recovering health and wellness is “Looking to Learn.” We need to realize that the way we have been living is not really working and then prepare ourselves for the hard work of discovering why and how we should change.

**Q: What do you hope this book will accomplish in the lives of readers?**

A: There are so many purposes we hope *The Rest of Health* will accomplish in our readers. We want to show people how to attain vibrant health in their body, soul, spirit and relationships, which will allow them to enjoy life more than ever before. We want to help people overcome the obstacles that have tied them down, so that they might be free to live the abundant life God has for them. We want to integrate the life-giving Christian faith with the knowledge and tools of healthcare professions and to equip people with skills for healthy living, that they might become better able to complete the ministry to which God has called them. Ultimately, our desire is to bless people by helping them to understand and experience God in new ways. As we promote this spiritual intimacy, we seek to bless God and bring Him glory.