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***MANAGING THOUGHT: HOW DO YOUR THOUGHTS RULE YOUR WORLD?*
WINS 2008 NATIONAL BEST BOOK AWARDS**

DETROIT, MI, October 29, 2008— *Managing Thought: How Do Your Thoughts Rule Your World?*, a new book by **Mary J. Lore**, has won the 2008 National Best Book Award, sponsored by USA Book News, in the "Business: Motivational" category. Additionally, the audio version of the book was honored as one of the top five audio books in the "Self-Help/Motivational" category.

Released in July 2008, *Managing Thought* is a practical guide with tools and a step-by-step process to banish habitual, counterproductive thinking so you can discover and achieve what is truly significant and of value to you at work and in life. The book serves as an indispensable guide to people in many different occupations and relationships who want to change the way they think and improve their lives and organizations.

"This book takes the power of positive thinking to a completely new level and teaches us how to actually manage our thoughts to be creative, inspired and impactful in all that we do," says Gordon Krater, CPA, Managing Partner for Plante & Moran, PLLC, the nation's 12th largest public accounting and business advisory firm and recognized by *Fortune* magazine as one of the country's best places to work. "The concepts are practical and real and are equally beneficial at home or in the workplace."

Managing Thought provides several written exercises in applying the books' principals. These exercises, along with additional online tools including the **How Do Your Thoughts Rule Your World?™ Self-Assessment**, can also be downloaded for free via the Managing Thought website (www.managingthought.com).

A resident of West Bloomfield, Michigan, Lore is an internationally recognized executive mentor and the founder and president of **Managing Thought, LLC** which helps individuals and organizations to develop self-awareness and change how they think to attain long-lasting success.

Lore has spent thousands of hours in North America and Europe successfully assisting CEOs, managers, employees, teachers, parents and teens. It was her clients and workshop participants -- whose lives were all profoundly impacted by Lore -- who asked her to write a book so she could share her insights and techniques with a larger audience. Additionally, since 2002, Lore has served as a chair and expert resource for TEC, also known as Vistage, the world's pre-eminent organization for the personal and professional development of CEOs.

Published by Ferne Press, *Managing Thought: How Do Your Thoughts Rule Your World?* is available through online retailers including **Amazon**, **Borders** and **Barnes & Noble** and through the **Managing Thought website**.

For more information about Managing Thought, LLC or Mary J. Lore, please visit www.managingthought.com.

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