



Just released! A new book by author Pat Hansen:
My Human Being Owner's Manual

FOR IMMEDIATE RELEASE

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**EVER WISHED YOU HAD AN OWNERS' MANUAL FOR YOUR OWN LIFE?
SEATTLE AUTHOR/LIFE COACH HAS CREATED THE GUIDE TO CREATE YOUR OWN!**

SEATTLE, Wash. March 25, 2016 – Ever feel confused about who you are, who you were meant to be, or what will truly give you the life you want – one not dictated or influenced by the people around you? In other words, have you ever wished you had an owner's manual for yourself?

An internationally-known Seattle graphic designer, author and certified life coach found herself wishing for exactly that. And as necessity usually drives invention, she decided to write it herself. Pat Hansen's new book, *"My Human Being Owner's Manual/Knowing, Loving and Caring For Me"* creates the tools to understand what really drives a person's deepest desires for happiness and a fulfilled life.

The book was just released this spring, and Hansen says the response she's getting tells her she tapped into a deep need in people. For Hansen, the task of creating the Human Being Owner's Manual was very personal.

"I had a successful career, a good husband and a beautiful home," Hansen said. "But after a while I realized I wasn't genuinely happy, and I couldn't figure out why." Being a graphic designer and branding expert, she approached the theme of the book in the same manner as any professional project. "Design is about solving a challenge," she said. "When I started this, I approached it the same way."

The book's early response is a clear indication that she has created something that really works:

- *"My Human Being Owner's Manual is a smart, practical, easy-to-absorb guide to staying on track with your passion and true purpose. Thank you, Pat, for a refreshingly simple course in life upgrade!"* – Alan Cohen, author of *A Daily Dose of Sanity*
- "I just received mine. I LOVE LOVE LOVE this book!! It is AMAZING. Do yourself a favor and order it. It is gorgeous." -- Diana Miret, Jenson Beach, Florida
- "This is great. Will make wonderful gifts. I love it!" – Sumitra Red Wing, Des Moines, Iowa

Along with the book, Hansen has created a daylong workshop, The Life Upgrade Workshop, to help people work through the book's principles and then build their own owner's manuals to use in their own lives. The book is currently available through Amazon and Balboa Press (Balboapress.com), or read more about it at <http://www.pathansenlifecoach.com/books>.

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