

MERRICK LIFE

November 17, 2005

'Changing Habits' a holiday gift

by Eileen Dever

Sister Peggy Tully, Pastoral Associate at Curé of Ars Parish, is an energetic organizer in Curé of Ars Church, in her community of Dominican Sisters and is Coordinator of the Interfaith Clergy Association of Merrick and Bellmore. It is understandable that this busy lady is trim, but how is she serene and peaceful, too? Sister Peggy is a spiritual woman who lives by a mantra: take time for mind, body and spirit.

"Many people, especially women, are caretakers for other people," she says. "But we all need to care for ourselves."

Sister Peggy has a close friend, Debbie Mandel, an author, host of a health/fitness radio show, and stress-reduction specialist. Friends years ago in Belle Harbor, their paths parted when they moved to Long Island.

Their friendship was re-kindled with a chance meeting on the streets of Paris, while Debbie vacationed with her family and Sister Peggy with her twin sister. The unexpected "grand reunion" led to a grand adventure.

Debbie had written her first book, "Turn on Your Inner Light." Her parents, Holocaust survivors, who had forged a new life in the United States, had imbued the young women with the joyfulness of life, a language of

freedom and optimism.

Sister Peggy was the teacher, caregiver, and minister, dedicated to serving others. Two different people – two different states in life – yet one philosophy – "strength in our faith and faith in our strength." As a pair, they began to give mind, body, spirit workshops at temples, wellness centers, churches, Circles of women. "We helped people look at the light within them and realize the need to discipline themselves, to take time for exercising, meditating, letting

go of anything toxic," said Sister.

Debbie's second book, "Changing Habits," has evolved from the success of their programs. A well-written, easy read, it tells the real life stories of people (including nuns) who have "changed their habits." It addresses the spiritual and fitness needs of all women, who feel drained by their responsibilities.

The cover girls are Sister Peggy and Debbie Mandel. They feel this is a gift to pass on to all who need a "ping" of well-being. Ways to channel stress (some stress is good) into strength are outlined in each chapter. Debbie is grateful for the honest input she received from so many women in writing her book. "I

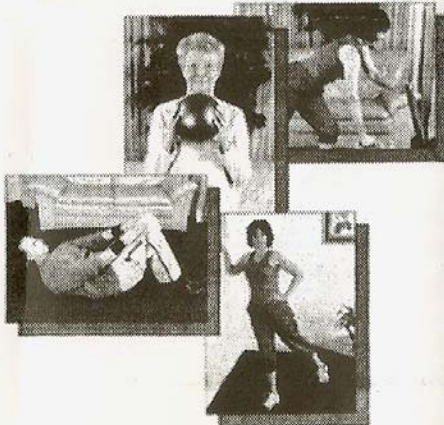
became a listener. I listened and I learned and I kept tweaking the strategy to alleviate stress and to make life fun."

In her research Debbie was amazed at the negativity that many women experience. The suppression of self-expression was the loss of power. Activity and movement work to make one feel better.

To order by e-mail go to www.turnonyourlight.com. Links will bring you to Debbie Mandel's weekly radio show and newsletter articles. If you order, Debbie will send you an autographed copy of her book. You may also request it at all the popular book stores. A great way to start the New Year – "Changing Habits."

"... read *Changing Habits* and start training for your life."
—Bernie Siegel, M.D.

CHANGING HABITS



The Caregivers' Total Workout

Debbie Mandel

THE CAREGIVERS' TOTAL WORKOUT BOOK by Debbie Mandel.