

(PRLEAP.COM) April 5, 2014 - "Who am I?," a new book by Dr. Lonnie Melvin, has been released by Dorrance Publishing Co., Inc.

Charles R. Swindoll (2006) stated, "The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts...I am convinced that life is 10% of what happens to me and 90% of how I react to it. And so it is to you. We are in charge of our Attitudes."

I think this is a good rule to follow, but also do not forget the ultimate rule, the "Golden Rule: One should treat others as one would like others to treat oneself." That says it all! If we treated others the way we want to be treated life would be wonderful! Everything would be fair, no one would get hurt, and we all would be happy.

A favorite motto of mine these days is "Just do the right thing." If we all just did that one thing, we would not have as many problems as we do in society. The world would be more of a fair and equal system for all. Wouldn't that be nice!

I have lived my whole life looking for that "Happily Ever After," clearly it is not 100% up to us, the environment takes a significant role in the shaping and forming of our morals, values, and beliefs, however, we still have reasoning skills to decipher between good and bad and make choices in the best interest of humankind.

Did you know that 50% of what we know is learned and 50% is inborn (meaning we are born with those aspirations of what we think, want, and pursue)? That is pretty powerful! That means we can use those great gifts God has given us as well as use our brains to do the rest.

About the Author

Dr. Melvin's forty-nine years as a parent and twenty-nine years of experience working with children and adults in education as a teacher, school counselor, mental health counselor, principal, college professor, author, and person allows her to have the background needed to write and introduce her own unique version of a book that helps others discover who we really are and what we need in life to get through it. Having multiple degrees in education, educational leadership, and counseling, having written a dissertation on topics regarding the above; vast

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hands-on experience with the topics included, having worked in schools and mental health facilities; and currently working in the educational field, assists Lonnie in staying current on topics.

"Who Am I?" is a 334-page paperback with a retail price of \$47.00. The ISBN is 978-1-4809-0645-7. It was published by Dorrance Publishing Co., Inc of Pittsburgh, Pennsylvania. For more information, or to request a review copy, please go to our virtual pressroom at www.dorrancepressroom.com or our online bookstore at www.dorrancebookstore.com