

FOR IMMEDIATE RELEASE

***Chicago “authors-to-be” head to the Big Apple to sell first book at Book Expo America***

CHICAGO, May 11, 2007 - KJ Hardy and Kathy Kaysen Murzyn are off to New York at the end of this month to attend a “Pitch Slam” at Book Expo America. Their book, *Help Me Understand: Is therapy for me?* is a much-needed resource for people considering getting help from a counselor/therapist and feel anxious or unprepared to make that first phone call.

Both women obtained master’s degrees in Human Services and Counseling from DePaul University. Clients, friends, family and co-workers have approached them for years with questions about whether counseling works, how it works, how to know if it’s not working...

Their Web site, <http://helpmeunderstand.info>, gives you a peek at what life as an author-to-be looks like while writing a book. From blogs to the writers’ diaries, this reality Web site draws in future book buyers and encourages them to read sample excerpts from the book.

Watch for photos from the NYC trip and Pitch Slam on May 30!

Media Contact:           KJ Hardy  
                                  Author, Help Me Understand  
                                  773-426-9247  
                                  312-996-9839  
                                  kj@kjconnect.com  
                                  <http://helpmeunderstand.info>

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