



## NEW BOOK PRESS RELEASE

### Psychologist Survives Shooting, Firing, IRS Audit and Death of Spouse to Challenge Others to 'Find the Upside of the Down Times'

HOUSTON, July 1, 2011. In *Find the Upside of the Down Times* Rob Pennington, PhD, shares his own very personal and honest account of some of the biggest challenges life can throw at anyone. He empowers readers with true stories, inspiring insights and practical tools to help turn their own negative experiences into positive opportunities.

Stepping beyond the initial shock and emotional roller coaster of each trial he faced, Dr. Pennington credits faith and support from others. *"I discovered strengths I did not know I had and might not have found, had it not been for the challenge,"* says Dr. Pennington. *"I learned how to turn the worst things that happen to me into the best opportunities I have."*

This book is not about theory, but the very real blessings that can be found by anyone in the difficulties of day-to-day life. At the end of each chapter, Dr. Pennington shares specific activities he learned that can assist readers to turn their own struggles into stepping-stones that can lead to an upside of personal and professional growth.

With wit and tenderness, with vulnerability and candor, the reader is taken on a journey through many aspects of life, from career and finances to relationships, education, and health. And when tragedy strikes, Dr. Pennington demonstrates through his own humanity that even though we all have difficult times, we also have the ability to rise above them.

When the times start to drag you down ... Rob's real world examples show that you can still:

- Turn your worries into positive action plans
- Turn your fears into opportunities for hope and for help
- Turn your life into something better than you thought possible

*Look Inside* available at: [www.resource-i.com/Intro&Chapter1.pdf](http://www.resource-i.com/Intro&Chapter1.pdf)

*Praise from Experts* available at: [www.resource-i.com/bookreferences.html](http://www.resource-i.com/bookreferences.html)

#### THE AUTHOR

**Dr. Rob Pennington** completed his doctorate at The University of Texas at Austin in educational psychology in 1976. In addition to his career in counseling and executive coaching, Dr. Pennington was a professor at three universities, a four-time recipient of the Mental Health Association's Outstanding Speaker Award and one of Meeting Professional International's original Platinum Presenters. Since 1982 he has received the highest trainer evaluations *each year* from Fortune 100 employees for his trainings, "Successfully Managing the Stress of Change" and "Successful Work Relationships." Dr. Pennington's intensive academic understanding paired with profound personal experience helps him make complex issues understandable in a delightfully common-sense manner. For the first time in book form, Dr. Pennington provides insights he has presented in trainings and keynotes worldwide on a range of professional and personal development topics.



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