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Intentional Awareness and Dream Manifestation Expert Publishes Monthly *What You Notice Matters!*TM E-magazine

Articles and interviews focus on creating business and personal Abundance

SEATTLE, Washington, April 2008 – Seattle author and intentional awareness expert Melissa Wadsworth publishes a free monthly e-zine called *What You Notice Matters!*TM offering an inspirational blend of tips, interviews, how-to articles, creative exercises, and helpful links. New subscribers receive a bonus, “Seven Steps to Self-Empowerment,” when they sign up at www.melissawadsworth.com.

Each issue of *What You Notice Matters!*TM explores the dynamic benefits of living more joyously awake, aware of opportunities and meaningfully connected to others. Interviews have included a diverse range of professionals, including marketing expert Michael Port, law of attraction expert JT Chandler, and internet radio host Catherine Bradford, to name a few. Each revealed how awareness has significantly contributed to their success and to a high level of life satisfaction.

Intentional awareness benefits highlighted each month include:

- enhanced clarity and focus around goals
- greater overall satisfaction with life progress
- a richer experience of daily living
- frequent personal insights and Aha! moments
- a deeper appreciation for life components
- more effective people connections

“The busyness of modern life encourages us to operate on auto-pilot. So often it’s the most pressing task or most obnoxious distraction that gets our attention,” said Wadsworth. “Without some conscious effort we can stay stuck in limiting habits and out-dated perceptions. We miss daily gifts and more subtly presented opportunities. I created *What You Notice Matters!*TM to make intentional living fun and inviting rather than just another task. It provides fresh viewpoints and creative tools for attaining personal insight and clarity about one’s life path.”

Melissa Wadsworth is the author of the self-help book *Small Talk Savvy* (available at Borders bookstores and on Amazon.com), and several e-Books on small talk for networking and dating. An inspirational speaker, Wadsworth leads seminars about dream manifestation and offers dream board related information products.

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