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## CLARITY QUEST

### *How to Take a Sabbatical Without Taking More Than a Week Off*

It's difficult to decipher what direction, if any, our lives are going in--especially when the phone won't stop ringing, the projects keeps piling up, and the kids won't stop screaming. Yet for most, escaping the pressures for a few precious days is hardly worth the effort. Frazzled and distracted, we barely start to relax before it's time to turn back and face the same tensions--plus whatever chaos has come calling in our absence.

An innovative and popular workshop leader, Pamela Ammondson offers a twist on the traditional vacation--with life-transforming potential. In **CLARITY QUEST: *How to Take a Sabbatical Without Taking More Than a Week Off*** (Fireside Books/A Simon & Schuster Trade Paperback Original; May 1999; \$12.00), Ammondson guides the way to renewing body, mind, and spirit for a fresh perspective and a happier future. She urges the stressed-out, the worn-out, and the unfulfilled: "It's time to step back, relax, restore, and regenerate while you rethink your profession and your life in a structured way."

Easy to grasp and put into action, **CLARITY QUEST** presents a progressive, eight-week program culminating in total revitalization and refocus. Day by day, week by week, Ammondson provides the insights, hands-on tools, and encouragement to help participants determine just what they want from work and life, develop a clear vision, and devise an action plan to make that vision a reality. From "base camp training" to a well-earned and wonderfully restorative mini-sabbatical, readers will gradually climb from the brink of burnout to self-knowledge, assured direction, and peace of mind. Backed by simple exercises such as journaling, inspiring true stories, uplifting affirmations, and fun activities, each week **CLARITY QUEST** focuses on one key aspect of the process:

Fireside Books / A Simon & Schuster Trade Paperback  
Sue Fleming-Holland, Vice President and Director of Publicity  
A Division of Simon & Schuster  
1230 Avenue of the Americas • New York, NY 10020

**Week 1:** Getting a Good Nights Sleep.

Objective: *To restore vital energy through proper rest.*

**Week 2:** Banking on Your Future.

Objective: *To find freedom from monetary worries.*

**Week 3:** Fuel for Thought.

Objective: *To feed the body and mind for optimum vitality.*

**Week 4:** Renewal and Regeneration Through Exercise.

Objective: *To promote high energy and clear thinking through regular physical activity.*

**Week 5:** Simplifying and Streamlining.

Objective: *To find more time and energy by becoming more focused, organized, and efficient.*

**Week 6:** Letting Go and Lightening Up.

Objective: *To cleanse toxic emotions from the mind and body.*

**Week 7:** High-Power Energetics.

Objective: *To be nourished by three types of love: Divine Love, Self Love, and Love for Others.*

After seven weeks of restoring the energy and focus to think clearly and creatively about the future, it's time for "the summit"--*The Guided Week-Long Sabbatical*. Escaping to a beautiful place for five to seven days, participants will find targeted exercises and activities to identify their greatest strengths, clarify their true desires, and design a career and life in harmony with their core values. They'll return home not only well-rested, but with specific goals, plus an action plan to keep them on target. And, long after their mini-sabbatical, participants will sustain the momentum by following Ammondson's guidelines for daily conditioning, weekly check-ups, and quarterly tune-ups.

For a modest investment of time and money, **CLARITY QUEST** can bring a profound transformation in the body, mind, and soul, as well as everyday life. Participants will discover the wondrous benefits of taking the time and making the commitment for a serious vacation.

### **About the Author**

**Pamela Ammondson** is president of Ammondson Communications, a consulting firm specializing in business communications and marketing. She conducts Clarity Quest workshops for corporate executives, small business owners, professionals, and entry level employees, as well as the unemployed and searching. An accomplished writer, speaker, and video producer, she has held public relations and corporate communications positions with Hewlett-Packard, Pacific Bell, and other companies. She lives in Santa Rosa, California. **CLARITY QUEST** is her first book.

For further information on **CLARITY QUEST** visit our web site at [www.Simonsays.com](http://www.Simonsays.com).

## About Pamela Ammondson

An accomplished writer, speaker, and video producer, **Pamela Ammondson** has held a variety of public relations and corporate communications positions, including Public Relations Manager for Mountain Bell and Pacific Bell, Communications Consultant and Senior Producer for the Hewlett-Packard Company, and Editor of *Metro Denver*, the publication of the Denver Chamber of Commerce. Yet, despite nearly two decades of success in business and marketing, she found her true calling in the midst of professional and personal crises.

Grappling with a divorce and committed to running her own thriving but unfulfilling home services business, Ammondson felt overwhelmed, drained, confused, and fearful. At last, she vowed to take control of her own destiny. Taking time away and making an intensive effort to renew her body, her mind, and her spirit, she regained the energy and focus to identify her strengths, set specific goals, and develop a concrete action plan to achieve them. Revitalized and directed, she soon landed a plum job and married a wonderful man. And when she fell prey to corporate downsizing four years later, she got right back on track and founded her own business communications and marketing consulting company. Now president of Ammondson Communications, she works with Fortune 500 corporations, as well as start-up businesses and individuals. She also offers *Clarity Quest* workshops to share her life-changing strategies. Striking a chord with diverse audiences--corporate executives, small business owners, professionals, entry level employees, and the unemployed--the popularity of her program inspired her to write her first book, **CLARITY QUEST: How to Take a Sabbatical Without Taking More Than a Week Off** (Fireside Books/A Simon & Schuster Trade Paperback Original; May 1999).

"*Clarity Quest's* power comes not only from renewal and restoration, but from the *focus* and *structure* that it provides during a time of rest and relaxation," Ammondson explains. "Simply taking 'time out' doesn't guarantee that you'll get clear about anything or return with a new vision and plan."

A member of the National Speakers Association, Ammondson has received the Golden Quill Award from the International Association of Business Communicators. She has served in many professional and community organizations, including the San Francisco Symphony 500, the San Francisco Professionals and the Arts, the American Red Cross, and the Santa Rosa Holiday Food Project. A native of Montana, she lives with her husband in Santa Rosa, California.

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