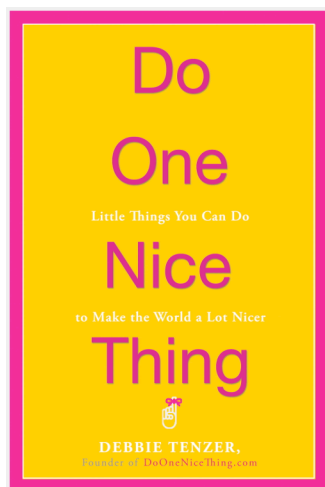


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## DEBBIE TENZER'S NEW BOOK *DO ONE NICE THING* SPREADS MESSAGE OF HOPE

Debbie Tenzer, founder of the phenomenally successful website DoOneNiceThing.com (which has members in ninety countries and gets more than one million hits per month), has written a new book. **DO ONE NICE THING** will hit bookstores nationwide on May 5. And, at a time when so much feels bleak, Debbie has good news to share.

“In spite of everything that’s going on in the world now, we can make it better, and we don’t need a lot of time or money to do it,” Tenzer says. “That’s what my book is about: the little things that can make a big difference.”

**DO ONE NICE THING** promotes the idea of doing a nice thing once a week. Filled with motivational stories and quotes from “Nice-o-holics,” the book also offers more than one hundred easy ways to help children, friends, coworkers, soldiers, animals, and the planet. For really busy people, there’s even a chapter on ways to help others with the mere click of a mouse.

Tenzer believes that in today’s world full of pink slips and bad news, helping others once a week is empowering. “Maybe we can’t solve the big problems, but by working together we can solve a lot of smaller ones. And we’ll help ourselves too,” she says. “I call it strength training for the soul. By making kindness a regular habit, we can exercise our compassion muscles and keep them strong.”

Working together, Do One Nice Thing members’ accomplishments have included:

- Mailing more than seventy tons of school supplies to U.S. soldiers in Afghanistan and Iraq, who give them to local children so they can study
- Sending countless books to schools, libraries, and hospitals
- Contributing numerous gifts for foster children, whose birthdays are often forgotten
- Donating tens of thousands of packages of pasta, cans of food, and other food items to food banks

“We mail school supplies, food, and books, but what we really send is hope,” Tenzer says. “And when you give someone hope, it makes you hopeful too.”

Tenzer picked Monday for her projects because it’s her hardest day of the week, and helping other people made it better for her. “But do what works best for you,” she says. “Any day that ends in ‘y’ is a great day to do a nice thing.”

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**DO ONE NICE THING: Little Things You Can Do to Make the World a Lot Nicer**

By Debbie Tenzer

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[www.DoOneNiceThing.com](http://www.DoOneNiceThing.com)