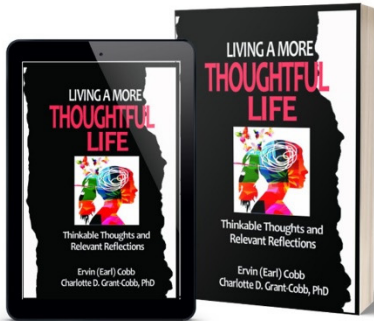


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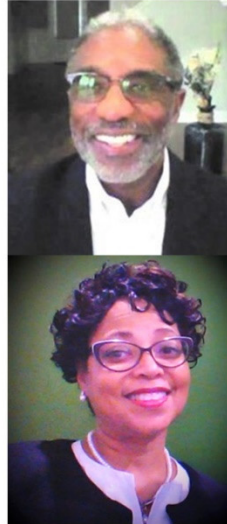
FOR RELEASE ON SEPTEMBER 12, 2022, 8 AM EST

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Savannah Couple Examines How Targeting 52 “Thinkable Thoughts” Can Improve Cognitive Abilities Essential for Work and Home Life



- **New Age Thought**
- **Mindfulness**
- **Communication & Social Skills**



What Others Are Saying About This Book

“I enjoyed the insights you provided in this book. I believe that your reflections can serve as a guide to others looking for answers to many of life’s questions”.

Angela Phoenix – Realtime Voice Captioner – Colorado Springs, CO

“I enjoyed the concept of how you came to these thoughts. Yes, they are worth thinking about. The layout almost seemed like one for a class. You might consider offering it. Really resonated with Sunk Cost. Dodge Ball was a new perspective I really liked. ”

Marti (Weirich) Lorenzen – Human Resources Director – Queen Creek, AZ

“A great deal of useful nuggets that require thought and more thought. In particular, the chapters on Success And You, Listening and Good Judgement, could spare a young leader some growth pains.

Jim Grigsby - Semi-retired Management Consultant – Vero Beach, FL

A new book written by a pair of seasoned, self-improvement and professional development authors uniquely present fifty-two ‘thinkable’ thoughts. These are *penetrating thoughts* that they believe have propelled their long and successful careers, as well as their over forty-years of marriage.

The new book will be the seventh book that Ervin (Earl) Cobb and Charlotte D. Grant-Cobb, PhD have written as a husband-wife team, and is titled, *“Living a More Thoughtful Life: Thinkable Thoughts and Relevant Reflections.”* The couple currently spends most of their time in their home in Savannah, Georgia.

The distinctively designed, 120-page, Full Color Paperback Edition is published by RICHER Press and is scheduled to be globally released on October 17, 2022. A special Print Replica, Kindle eBook Edition was released on August 25, 2022, and has received outstanding reviews.

According to Earl Cobb, *“My 34-year career as a technology and corporate executive has taught me that --- we are indeed, what we think. By ‘thinkable’ thoughts in our new book, we are referring to insightful thoughts that ignite one’s imagination and can easily be regarded as conceivable, feasible and beneficial in many aspects of your personal and professional life. The*

thoughts we have included in this book constitute a way of thinking, that our experiences have taught us to be valuable in decision-making and engaging with others.”

In the book, the Cobbs take advantage of their educational, yet entertaining, writing style to cleverly present each of the fifty-two thoughts from a particularly humanizing, simplifying, and modern-day perspective. Each ‘thinkable thought’ is enriched by a relevant reflection, layered with experience and candor. The readers then have the opportunity to personally absorb, process, and record in the book their own reflections in *real-time*.

According to Dr. Grant-Cobb, *“The opportunity to read, absorb and process each thought, and then record in the book their own reflections in real-time is an important factor in gaining the most from this cerebral exercise. Most experts agree that practicing a new and challenging mental activity like this is a clever way of building and maintaining strong cognitive skills. When we strengthen these core skills, our brain more effectively thinks, reads, learns, remembers and reason. This leads to improved communications and decision-making skills – the keys to most of life’s personal and professional successes.”*

If you would like to receive a complimentary copy of the book prior to the October 17th global release and/or schedule an interview with Earl and Charlotte, please contact connie@richerlifellc.com or call 912.225.3343. You can visit the book’s webpage and listen to a video reading of all 52 “Thinkable Thoughts” at <https://richerlifellc.com/thoughtful>.

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