



PRESS RELEASE

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LIFE UNIVERSITY STAFF MEMBER AND ALUMNA REBECCA KOCH RELEASES NEW BOOK, "VITAL SIGNS: TRUSTING IN 'LIFE ITSOWNSELF'"

Marietta, Georgia, November 22, 2017 – Life University's (LIFE's) Rebecca Koch recently released her new book, "Vital Signs: Trusting in 'Life Itsownself,'" a humorously thoughtful series of stories that illustrate the trust that, when it comes to health and wellbeing, the wisdom of nature (or "life itsownself") is smarter than we are – and we owe that wisdom some respect. Koch serves as the Director of Service Initiatives at LIFE, as well as editor of Today's Chiropractic Leadership, an online magazine featuring those at the forefront of advancing and preserving Chiropractic as a drug-free, sublaxation-focused profession. She is also a recent graduate of LIFE's Master of Science in Positive Psychology degree program, ranked ninth among all online psychology degrees in the country by Best Value Schools.

In an excerpt from Amazon.com, the book is described as "an approachable, down-home look at the common sense of healthcare systems like chiropractic, midwifery, naturopathy, etc. Rebecca Koch takes a smart and witty look at the status quo in our society that pursues profit over people and frequently pierces it on a skewer of its own absurdity."

In a true model of LIFE's guiding principle of Lasting Purpose, Koch has graciously committed to donating all proceeds from the book's sales to support the Chillon Project, a University degree program for incarcerated women and correctional officers at the Lee Arrendale State Prison in Alto, Georgia.

"Vital health and wellbeing is about facilitating the ability of all people – including those who are incarcerated – to positively express their potential for growth, healing and contribution to their communities," explains Koch. "Our incarcerated students at Arrendale have demonstrated that they are capable of making extraordinary contributions to society, even from behind bars. Not only is their academic performance in prison inspiring their own children and families to pursue their own educations, they have developed a brilliant anti-bullying lesson for elementary school-age kids."

Koch adds, "I'm so grateful to LIFE for all the opportunities I've had to write about the difference between fighting symptoms and facilitating health – the difference, for instance, between assuming a run-of-the-mill headache is the result of a 'Tylenol deficiency' vs. assuming the cause of the headache can be found and corrected. Most of all, I'm grateful to LIFE for allowing me to be part of its Lasting Purpose, which is summarized in the charge: 'To Give, To Do, To Love, To Serve – Out of a Sense of Abundance.' In other words, when we live our lives in service to others, without



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thought of what we will receive in return, we are refilling the font of human kindness so that it may never run dry.”

For more information about the book and to order, visit www.amazon.com/Vital-Signs-Trusting-Life-Itsownself.

For more information about the Chillon Project, visit Compassion.LIFE.edu/chillon-project.

For more information about the anti-bullying lesson developed by Life University Chillon students, visit <https://saportareport.com/chillon-project-bringing-higher-education-georgias-correctional-facilities/>.

About Life University

Founded in Marietta, Georgia in 1974, Life University is a health sciences institution most known for its chiropractic program, the largest single campus chiropractic program in the world. Life University is regionally accredited by the Southern Association of Colleges and Schools Commission on Colleges (SACSCOC) to award baccalaureate, master’s and Doctor of Chiropractic degrees, and also has programmatic accreditation through the Council on Chiropractic Education (CCE), the Accreditation Council for Education in Nutrition and Dietetics (ACEND) and the Commission on Accreditation of Athletic Training Education (CAATE). The mission of Life University is to empower students with the education, skills and values necessary for career success and life fulfillment, based on a vitalistic philosophy.

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