

*Author*

# Kerry Crofton

Praise for *The Healthy Type A*:

"Kerry Crofton has made an absolutely fascinating contribution to the literature on health and nutrition...this is a wise and wonderful book."

Sam Graci, author of  
*The Power of Superfoods*



Kerry Crofton, Ph.D. — trained as a psychologist — is a home-maker and mother of an adult son and a young daughter. She is the author of *The Healthy Type A* (Macmillan 1998) — a book for high-powered people who want to reduce unhealthy stress in their lives and boost their health and well being. For the past twenty-five years she has worked with families in a clinical practice and with men and women in high-stress occupations throughout North America.

She lives in Victoria, BC and gives presentations across Canada and the U.S. Over the past twenty years, Kerry has worked with hundreds of private sector companies and many federal and provincial government departments

Her next project is a book that stresses the urgent need to nurture the inherent goodness in our children.

"For my children, and for yours, I have developed the 21 Goodness Qualities — core values common to all spiritual traditions. And I am writing *My Goodness - 21 Goodness Qualities Your Child Can Discover Within* — a series of three volumes, 7 stories in each, depicting these qualities."

Kerry Crofton

For speaking engagements contact: [www.nsb.com](http://www.nsb.com)