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True Course CEO Dr. Michael Godfrey Authors New Book
Without Regret: Be More, See More, and Achieve More that Really Matters

ROBINSON, Texas, July 2, 2013—Regret is one of the silent killers of happiness, health and success. It can poison relationships, sap energy and harm careers. Dr. J. Michael Godfrey's new book, *Without Regret*, exposes the damage that regret can cause and reveals how people can be free from it forever.

"July is the perfect time to declare that regret will no longer limit freedom and the pursuit of happiness," says Godfrey. Godfrey's research and coaching with highly successful professionals, clergy and leaders led to his discovery of the power of regret...and key tools to eliminate it.

Without Regret, published by Thomas Noble Books, offers readers the opportunity to change the course of their lives by eliminating past regret and avoiding regret in the future. "It is possible to achieve great success without sacrificing loved ones, integrity or health," says Godfrey.

Godfrey is the creator of an award-winning mentoring program and founder of True Course, a corporation that provides coaching, training and consulting to businesses and churches. He holds two doctorates, one in Ministry and another in Educational Psychology. Godfrey lectures at Baylor University, is a Professional Certified Coach and has more than 38 years of experience in Christian ministry.

Here's what others are saying about *Without Regret*:

"*Without Regret* tackles many issues common to our times: productivity, communication, burnout, sabotage and how to live a life you design instead of a life that just happens to you... *Without Regret* will make you a better person and a winner at the game of life." Grant Teaff, Executive Director, American Football Coaches Association

"Being yourself requires courage. *Without Regret* ...candidly illustrates how each of us can live our lives with integrity, even while glimpsing at the rear-view mirror." Brian L Fowler, MD, author of *The Beating of My Hearts*

About *Without Regret*

Without Regret: Be more, see more, achieve more that really matters, ISBN: 978-0-9892357-1-6 published by Thomas Noble Books, 182 pages. Available on Amazon.com and other fine book retailers.

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To request an interview with Dr. Michael Godfrey,

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