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A must-have tool that breaks life's big moments into small, simple steps

## ***LISTS FOR LIFE***

***By Rory Tahari***

***The Essential Guide to Getting Organized and Tackling Tough To-Dos***

Wouldn't we all just love to spend time doing the things we *want* to do instead of the things we *have* to do? Now, Rory Tahari, who serves as vice chairman and creative director of the New York fashion design house Elie Tahari, and is also married to the chairman and designer Elie Tahari, breaks down life's challenges and time-consuming tasks into easy-to-achieve steps in her first book, ***LISTS FOR LIFE: The Essential Guide to Getting Organized and Tackling Tough To-Dos*** (Simon Spotlight Entertainment; October 2009; Trade Paperback Original; \$19.99). Tahari shares her how-tos for optimizing productivity and enjoying life more in this collection of over 100 helpful lists on subjects including moving to a new home, planning a wedding, taking a vacation, preparing for an emergency, handling a funeral, or just trying to keep your life organized.

Rory Tahari, a consummate New Yorker, has been creating highly sought-after checklists to help herself and her friends navigate through life for years, and her ***LISTS FOR LIFE*** is an indispensable owner's manual for moving smoothly through some of life's biggest events and transitions. This book isn't a beach read; it's not chick lit, or the skinny on not gaining weight. You'll be using it so much that you'll want to keep it close by, at the office, in the car, by your bedside, or in your family room.

Knowing that the toughest part of tackling life's to-dos can be figuring out how to get started, Rory Tahari leads us through each challenge one step at a time. From hearth and home to hospital and vacation holidays, we don't have to sweat the details because Rory has taken the worry out of planning. Here's a sampling of the many items she covers in ***LISTS FOR LIFE***:

- Wedding - Planning your special day should *not* send you into couples therapy, so Rory offers budget guidelines, location and entertainment to-dos, tips for working with vendors, and more;
- Home - From upkeep to uprooting, here is everything you need to know about home sweet home, moving, maintaining, how to purchase a home, selecting insurance, setting a household budget, and disaster recovery plans;
- Pregnancy - Encouraging tips and month-by-month before-delivery reminders, items for mother and baby, nursery must-haves, foods to avoid and drinks that can help ease pregnancy, different strollers for different growth stages, and much more;
- Parenting - From items to keep in baby's diaper bag to a preschool interview guide, questions to ask a potential babysitter, and more;
- Travel - A list of phone numbers you don't want to leave home without, packing lists, pharmacy items to add to your suitcase, and "day-of-departure" countdowns;
- Cars - Terms to know before you enter a dealership, when to lease or buy, negotiating tips, sealing the deal;

- Divorce - Who knew that getting out of a marriage would be so much harder than getting into one? Information your attorney will request, personal safeguard to-dos and other detective work, recommended reading for children to help them cope;
- Post-Mortem - Nothing prepares you for the emotional loss of a loved one, but Rory offers timely guidance to help ease this transition; what to do when someone dies, legal affairs to manage after the funeral, and more.

"Most of us are juggling a host of responsibilities and feeling crunched for time," said Rory Tahari. "*LISTS FOR LIFE* is an indispensable guide to help busy people meet the challenges of everyday life, by being more focused and balanced so they can enjoy life instead of feeling overwhelmed."

The all-in-one companion to living with confidence and knowledge, *LISTS FOR LIFE* includes a multitude of essential details covering how to make your wedding day sublime instead of stressful, tools everyone should own, maintaining health at every age, and more. Handy sidebars on related topics provide more specifics: fine points you'll want to share with your wedding guests, how-tos when your home is a new construction, health insurance considerations if you lose your job, and other practical information. And, for those thirsting for even more knowledge, Rory's resource guides suggest books, magazines, and web sites for further exploration and assistance.

Like a deeply insightful and knowledgeable best friend, Rory Tahari provides all the thoughtful advice, tips, and to-do lists you'll need. With her wonderfully complete and valuable *LISTS FOR LIFE* in hand, you'll feel capable, prepared, and—best of all—ready to fully appreciate life's most bountiful moments and equipped to handle some of the more difficult passages that may come, as well.

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#### About the Author

Rory Tahari is the vice chairman and creative director of the fashion design house Elie Tahari, a global lifestyle brand with annual revenues of more than \$500 million. The women's, men's and accessories collections are modern, sophisticated and timeless and appeal to confident and passionate men and women around the world. Elie Tahari is sold in more than 40 countries and in 600 U.S. stores, including 7 freestanding boutiques. Since joining the company in 1998, she has elevated the label from one of the fashion industry's most enduring brands to one of its most successful. Creatively, she oversees advertising, marketing, and public relations on a global level. Prior to Elie Tahari, Rory had a career in television production and earned her B.A. in Journalism at Boston University. She lives in New York City with her family.

Simon Spotlight Entertainment (SSE) launched in 2004 with *He's Just Not That Into You: The No-Excuses Truth To Understanding Guys* by Greg Behrendt and Liz Tuccillo, which became an instant national bestseller. Recently, SSE had two books top the *New York Times* bestseller list—*Are You There, Vodka? It's Me, Chelsea* by Chelsea Handler and *sTori Telling* by Tori Spelling. Other bestselling titles include *Life with My Sister Madonna* by Christopher Ciccone, *Vindicated* by Jose Canseco, *The Loved Dog* by Tamar Geller, and *Happy Endings* by Jim Norton. Recent and upcoming titles include *Freakin' Fabulous* by Clinton Kelly, *Between a Rose and a Thorn* by Bret Michaels, and *I'll Scream Later* by Marlee Matlin.

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