

Local author hopes to spread happiness

*Self-help book
for feeling better debuting soon*

By SANDY FEIN

"I'm a really happy person," says Debbie Eisenstadt Mandel, "and in spite of things that can happen along the way, I come back to this really happy center. This is what I want to give to others."

This, says Mandel, a Lawrence resident, is the reason for her book, "Turn on Your Inner Light: Fitness For Body, Mind and Soul," available October, 2002. Her goals are to show people "how to find happiness, how to feel better, how to live better. How to merge spirituality and fitness.

"We face so many daily stresses, and now we have national stresses. We need to know how to be happy and how to de-stress, how to deal with

things and be empowered, how to find our joy as a people. We laugh at our troubles; as a Jew-

"I don't want
to just survive,
I want to live,
and I want to live
in the moment."

Debbie Eisenstadt Mandel

ish people we laugh at our *tzuris* [troubles]."

"Turn on Your Inner Light" is a self-help book that aims to

provide the spiritual guidance necessary to release the light Mandel believes shines within each of us, but gets darkened by various life situations.

The only child of Holocaust survivors, Mandel grew up in a home filled with laughter. She describes her father as a "*leibedick yankel*," (a cheerful man), even after losing his first family—a wife and three children in Auschwitz. Her mother, who lost her parents and brother, survived the war in hiding.

Born in Rome after her parents met and married in Italy, Mandel came to the United States when she was 6 months old. Her Judaic background is extensive: her father came from a rabbinical dynasty of the "Panim M'erot", or faces

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