

Toltec and Aztec Teachings Reveal Keys to Living Your Best Life Now

**A Free Lecture Presented by National and International Author and Psychologist
Dr. Jorge Partida**

For Immediate Release

Chicago, IL - November 3, 2009---DR. JORGE PARTIDA, CLINICAL PSYCHOLOGIST, RADIO AND TELEVISION PRESENTER AND AUTHOR OF *The Promise of the Fifth Sun* AND THE SPANISH VERSION, *La Promesa del Quinto Sol*, WILL BE OFFERING A **FREE** LECTURE AND PREMIERE PRESENTATION IN AURORA, ILLINOIS. DR. PARTIDA RETURNS HOME AND PREMIERS HIS FIRST BOOK. THIS LECTURE IS FOCUSED ON TEACHING UNIVERSAL LAWS WHICH CAN TRANSFORM AND HEAL. **Living Your Best Life Now- A Free Lecture**, WILL BE PRESENTED ON NOVEMBER 21, 2009, AT 5:30 PM, AT THE COPLEY THEATRE, 8 E. GALENA BLVD., AURORA, IL.

AFTER TRAVELING THE WORLD AND STUDYING VARIOUS NATIVE CULTURAL HEALING PRACTICES, DR. JORGE PARTIDA DISCOVERED THAT THERE ARE UNIVERSAL LAWS WHICH GOVERN THE WORLD IN WHICH WE LIVE. THE LAW OF GIVING AND THE LAW OF GRATITUDE ARE TWO SUCH LAWS. "EARLY EXPERIENCES OF TRAUMA AND SUFFERING CAN BLOCK THE NATURAL DEVELOPMENT OF OUR ABILITY TO FREELY GIVE AND RECEIVE. IN HARD TIMES, WE CAN BELIEVE THAT GOODNESS AND KINDNESS ARE LIMITED. YET OUR ABILITY TO RECEIVE AND BE GRATEFUL IS A DEMONSTRATED PRINCIPLE WHICH CAN GENERATE WEALTH IN OUR LIVES. THIS THANKSGIVING SEASON IS A PERFECT TIME TO EVALUATE OUR THOUGHTS AND ACTIONS AND TO UNDERSTAND HOW WE CAN LIVE OUR BEST LIFE NOW," SAID DR. PARTIDA.

DR. PARTIDA HAS WORKED EXTENSIVELY IN THE UNITED STATES, LATIN AMERICA, AFRICA AND EUROPE. HE CONSULTS WITH FAITH-BASED, GOVERNMENT AND NONPROFIT ORGANIZATIONS IN AREAS OF EDUCATION, LEADERSHIP, HEALTH AND WELLNESS, ECONOMIC DEVELOPMENT AND EMPLOYMENT. HE HAS WORKED EXTENSIVELY WITH LATINO YOUTH AND FAMILIES AND HAS CONSULTED WITH MANY ORGANIZATIONS, INCLUDING THE LANCE ARMSTRONG FOUNDATION, MIGRANT EDUCATION, AMERICAN EDUCATION ACADEMY, SAN FRANCISCO AIDS FOUNDATION, MISSIONARIES OF THE SACRED HEART AND MANY OTHERS.

MUCH OF DR. PARTIDA'S CLINICAL WORK HAS FOCUSED ON HELPING VICTIMS OF POVERTY AND ON REDUCING DISPROPORTIONATE ACCESS TO HEALTH CARE AND SOCIAL SERVICES. HE WORKS WITH GOVERNMENT AND NON-GOVERNMENT ORGANIZATIONS TO DEVELOP, IMPLEMENT AND EVALUATE EFFECTIVE SOLUTIONS TO THE PROBLEMS OF POOR HEALTH, ADDICTION, GANG VIOLENCE AND INCARCERATION.

DR. PARTIDA WAS BORN IN GUADALAJARA, MEXICO. AT NINE YEARS OF AGE, HE IMMIGRATED TO AURORA, ILLINOIS. HE OBTAINED HIS DOCTORATE DEGREE IN CLINICAL PSYCHOLOGY IN CHICAGO. DR. PARTIDA HAS SERVED AS DIRECTOR OF BEHAVIORAL HEALTH AT ST. ELIZABETH'S HOSPITAL- CHICAGO, DIRECTOR OF THE DOCTORATE PROGRAM IN CLINICAL PSYCHOLOGY (PSYD) AT JOHN F. KENNEDY UNIVERSITY AND DEPUTY DIRECTOR OF BEHAVIORAL HEALTH FOR THE SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH (SFDPH).

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