

FOR IMMEDIATE RELEASE:

**“The Mature 64: Living Life 8 by 8”, By Dr. Nathaniel J. Williams, Offers A Concept of Maturity Meant To Liberate Our Inner Potential**

*Reaching maturity is about a goal not a destination and the ultimate goal is to be able to say, “I Am Mature.”*

*Bethlehem, Pennsylvania – April 30, 2009 - “The Mature 64: Living Life 8 by 8”, is the newest self-help life management tool by “The Navigator of Life” and “Management and Leadership by the 3Ps” author, Dr. Nathaniel J. Williams. This book presents a personal growth model of self examination of our lives through *The Mature 64: Living Life 8 by 8 concept* that identifies 8 distinct roles in our interactions with people, places, and things as measured against the 8 domains of life, hence the term *Living Life 8 by 8*.*

*The Mature 64: Living Life 8 by 8 concept* touches on all aspects of the human experience and sets out to both liberate and inspire. The ultimate goal is to be able to look in the mirror and say with honesty, “I AM MATURE”, (an acronym based on the first letter of each word) representing being **I**ntimate, **A**ffordable, and **M**indful by **M**aintaining an **A**ttitude **T**o **U**plift and **R**each for **E**xcellence. Maturity is seen as an attainable standard where we recognize that the time has finally come for us to live our lives with “no more excuses.” Whereas *The Mature 64 concept* is personally challenging it does not call for self reprisal while taking measure of one’s life and deeds. On the contrary, it is a positive tool that says, “Now let’s forgive ourselves and move on.” Moving on to a better, honest, more productive life is the hallmark of *The Mature 64: Living Life 8 by 8 concept*.

Reader’s Quote:

*Presented through the liberating and empowering lens of maturity... this book contains critical insights to change our concepts, communications, collaborations, and consequences forever! - Gerald S. Schmalzbauer*

For any reader seeking more from their life, “**The Mature 64: Living Life 8 by 8**”, presents a cathartic alternative approach to how we interpret the essence of who we are while unleashing the potential of who we were destined to be.

About Dr. Nathaniel J. Williams:

In the face of early life altering challenges, Dr. Nathaniel William’s personal journey through life is both triumphant and inspiring. Orphaned at the age of five when his beloved mother died suddenly from a cranial aneurysm

Nathaniel and his eleven siblings faced a new and uncertain future. Beginning on that tragic day until the age of 18, Nathaniel, along with nine of his brothers and sisters lived under the inauspicious authority of the New York City foster care system. This experience left an indelible mark on Nathaniel and profoundly influenced him in his choice of career. As an adult, he has labored continuously to offer options and opportunities to others that he and his siblings did not have when they were growing up in the human service system.

In August 2007, Nathaniel J. Williams earned a doctorate degree in education (Ed.D.) from Fielding Graduate University. Dr. Williams also holds three other graduate degrees: Master of Human Services (MHS) from Lincoln University of Pennsylvania, Master of Public Administration (MPA) from Cheyney University of Pennsylvania, and Master of Business Administration (MBA) from Strayer University. Since 1993, Dr. Williams has been the President and CEO of HumanWorks Affiliates, Inc., a cluster of nine corporations focused on human services.

Dr. Williams is the author of three other books, **“The Navigator of Life”** – a self help and decision making tool, **“Professional Development of Child Care Workers”** – a conceptual framework of a professional development program for individuals working in residential settings with foster care children, and **“Management and Leadership by the 3Ps”** a life and business management tool which offers a plan for managers to realize their personal and leadership potential by implementing dynamic strategies everyday.

Dr. Williams is a sought after keynote speaker and workshop presenter, who also has a weekly radio show on [www.webtalkradionetwork.com](http://www.webtalkradionetwork.com), “The Navigating Your Life Show with Dr. Nathaniel J. Williams.”

The book can be purchased at [www.nj-williams.com](http://www.nj-williams.com) or [www.amazon.com](http://www.amazon.com).

The Mature 64: Living Life 8 by 8 supplemental materials are available as complimentary PDF downloads at [www.TheMature64.net](http://www.TheMature64.net).

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