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## **“Men We Love” Honors Transformational Mentor and Workplace Wellness Pioneer**

Jim Morningstar—A Milwaukee Treasure

**Milwaukee, WI** --- “Men We Love” is a photo-journal book celebrating the many good men who inspire us and make us better people. It is produced as a fundraiser for the Alma Center, Inc., a not-for-profit agency in Milwaukee dedicated to eliminating violence and abuse in intimate relationships, family and community.

This year’s book includes Jim Morningstar, PhD., a clinical psychologist whose life-long passion has been to discover and teach the highest quality tools for the integration of healing with wellness, personal responsibility and personal growth. Jim is well-known in the area as a mentor and inspirational teacher. Through Transformations, The School of Integrative Psychology, which he founded in 1983, thousands of area residents have found their paths to self-actualization and thriving careers.

The book release and tailgate party, “Having a Ball with the Men We Love” takes place on the Friday of Father’s Day weekend, June 15<sup>th</sup>, at Miller Park. The high-quality, coffee-table style “Men We Love” book, with glossy photographs and print will be featured on the jumbo-tron. For more information, go to <http://www.themenwelove.org/>.

Jim’s current focus is to work with like-minded colleagues to create a new model for wellbeing in our community. With the ailing healthcare system and current economic challenges, the workplace is the perfect environment with the greatest potential for positive change. In 2008 he

founded InWellness, a company that brings assessment, coaching, education and wellness services to area employers. Visit <http://www.inwellnesstoday.com.php> .

Trained in community psychology in Washington DC, Jim returned to Milwaukee to become an outpatient clinic director for Milwaukee County in the 1970s. He explored alternative and complimentary approaches to therapy and in 1983 founded Transformations, the School of Integrative Psychology. Go to <http://www.transformationsusa.com/> . He founded the Transformations Breathworker Training Program in 1990 and has authored three books in the field of spiritual psychology. He is co-director of the International Breathwork Training Alliance, <http://breathworkalliance.com/> .

InWellness brings organizations whole-person employee wellness programs that take people beyond exercise, nutrition and metrics to effectively address the deeper aspects of their wellbeing. InWellness uses the innovative Wellness Inventory developed by Dr. John Travis, which measures wellbeing and satisfaction in twelve life areas. The InWellness model provides an online wellness management program, including education and a robust framework for team support that helps employees resolve behavioral issues that are barriers to their best selves. Combined with coaching and the discounted services of a diverse group of traditional and alternative practitioners, InWellness helps individuals reach their highest potential, creating healthy communities inside and out of the workplace. InWellness can enhance the wellbeing and performance of your organization and reduce your health insurance claims and costs. For more information, visit <http://www.inwellnesstoday.com/services-for-businesses-and-organizations.php> .

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