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Contact: Paula Beck  
Phone: 484-893-5050 x3316  
Email: [pbeck@HWA-Team.com](mailto:pbeck@HWA-Team.com)

*A Concept of Maturity Meant to Liberate Inner Potential.*

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## The Mature 64: Living Life 8 By 8

By Nathaniel J. Williams, Ed.D, MHS, MPA, MBA

Bethlehem, PA 10/30/09 - *The Mature 64: Living Life 8 By 8* is a 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 for self examination. *The Mature 64: Living Life 8 by 8*, concept identifies eight distinct roles in our interactions with people, places, and things which are measured against the eight domains of life, hence the term *Living Life 8 by 8*. The concept touches on all aspects of the human experience and sets out to both liberate and inspire. The ultimate goal is for the reader to be able to look in the mirror and say with honesty, “I AM MATURE”, an acronym based on 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 live life with no more excuses. The concept is personally challenging but does not call for self-reprisal while taking measure of one’s life and deeds. On the contrary, it is a positive tool that encourages self-forgiveness and paving the way to move forward toward a better, honest, and more productive life. *The Mature 64: Living Life 8 by 8*, presents a cathartic approach to interpreting the essence of who we are while unleashing the potential of who we are destined to be.

### **About the Book:**

The Mature 64: Living Life 8 By 8  
By Nathaniel J. Williams, Ed.D, MHS, MPA, MBA  
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### **About Dr. Nathaniel J. Williams:**

Nathaniel J. Williams, Ed.D., MHS, MPA, MBA knows about tragedy, adversity and overcoming the odds. He and his 11 siblings were orphaned when he was just five years old, then lived under the New York City foster care system until age 18. The challenges of his early life inspired his educational, personal and professional achievements.

He is a Doctor of Education, direct care worker, foster parent, entrepreneur, nonprofit and for-profit organization founder, Chief Executive Officer, adjunct professor, scholar-in-residence, talk show host and motivational speaker. He proudly earned two of his four graduate degrees from the nation's two oldest historically African American universities: a Master of Human Services from Lincoln University of Pennsylvania and a Master of Public Administration from Cheyney University of Pennsylvania. He subsequently attained a Master of Business Administration at Strayer University, and a Doctorate in Education at Fielding Graduate University. In May 2007, Dr. Williams was awarded the first Frederick Douglass Institute Scholar in Residence position at Kutztown University of Pennsylvania, and in 2009, he received Strayer University's Distinguished Alumni Award.

Dr. Williams has been the President and CEO of HumanWorks Affiliates, Inc., a cluster of nine corporations focused on human services: providing group homes, foster care/life sharing, support for individuals living independently, leisure and recreation excursions, training and professional development opportunities, and gift arrangements. HumanWorks employs over 200 people and has an operating budget of over \$10 million. Dr. Williams is a member of the National Speakers Association and hosts a weekly talk show, "Navigating Your Life" which takes on empowerment, enlightenment, and encouragement to help its listeners to reach their full potential. Dr. Williams and his wife Tade have seven children, and reside in Lehigh County, PA.

More at [www.nj-williams.com](http://www.nj-williams.com)