

## **Texting positively**

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The sky is leaden, the rain is pouring and you're slumped at your desk back at work after the Jubilee holiday. What you need is an inspiring text message...

This is the belief of InspireYourLife, a company seeking to perk up your attitude by the means of text messages. Among the benefits claimed for the new service are the boosting of confidence and self-esteem - generally 'making it easier to deal with the challenges of every day life' in the words of the company. Think PTA - positive texting attitude.

The way it works is that registration via a premium rate telephone number - costing £4.50 - will pay for the receipt of two text messages per day for a month. Subscribers will have the option of choosing from such categories as 'Confidence Booster', 'Secrets to Success', 'Stress Buster', 'Love & Relationships' and 'Inspiring Quotes from the Bible'.

You can expect quotes from a diverse range of luminaries, including Richard Branson, Goethe, Oprah Winfrey, Albert Einstein, Muhammed Ali, Mother Teresa and Aristotle.

If you feel in need of such support, you can find out more details on the InspireYourLife [Web site](#).

So, sit up straight, breathe deeply, and let the mobiles ring...

*Alun Williams*