

PAULA McCLURE  
mood spa™ system

A step-by-step plan  
to help you create  
a mood of balance  
in your life!

MOOD JOURNAL

BY JAMES DONALDSON ON BEHALF OF PAULA McCLURE

**Paula McClure Mood Spa System**

**A step-by-step plan to help you create a mood of balance in your life!**

**Mood Journal**

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**by Paula McClure**

**Mood Spa, Inc.**

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**ISBN: 0-9677527-0 -1-X**

**Published by Cockrell Printing**

**Fort Worth, TX 76101**

**Printed in the United States**

**Dedications**

**To my parents Fannie and James McClure who have loved and supported me financially, emotionally and spiritually through all my wild, crazy adventures.**

**To my sister Rhonda Ector who has supported me through everything in my life. She is my rock. She is my role model of a real woman.**

**To Mood Spa Pres. Barbara Hyder who is the leader of my dream, the watchful eye who understands me and a woman of solid vision.**

**To Mood Spa VP Lee Jukes whose loyalty, love and listening keep me on the right track. Oh yeah, her honesty too!**

**To Mood Spa Director of Marketing Rachel Lane whose dedication to excellence, tireless research and writing excellence have made this project come to life.**

**To Mood Spa Promotions Manager Jef Tingley who since of humor, powerful promotional words and dedication keep me balanced and happy.**

**To Mood Spa Human Resources Director Donovan Lord who has always made sure we were financially sound, operationally solid and technically smart.**

**To Project Consultant Cheryl Halpern whose insight, organized spirit and perspective were a great asset to our team.**

**To Todd Witthorne, Pres./COO, Cooper Concepts, for his belief and support of my dreams, his insightful thoughts and humorous advice.**

**To Roseann Hart and the Hart Agency team whose creative words, spirit and public-relations savvy have taken us to a new level.**

**To David Singer and the Fresh Produce team whose amazing production skills and exceptional creativity have brought my dream to life on tape.**

To Caroline Summers and the sinco team who know what women want, how to speak to their hearts and what it takes to deliver the right message.

To Ellsworth Hercules who has helped us to see the big picture, supported us tirelessly and encouraged us with his big heart and caring nature.

### **A personal dedication from James Donaldson to Paula McClure**

I first got to know Paula back in the mid-1980s when I was a member of the NBA Dallas Mavericks.

She was really making her mark then as a local news reporter, but she had much greater aspirations and soon moved off to Los Angeles and even starred in a couple of feature films.

What can I say about my friend Paula other than, I miss her dearly. She passed away of brain cancer just as her book, Paula McClure's Mood Spa System, was completed and she never really got a chance to market it and publicize it the way that it should have been.

She was one of my dearest friends during the many years that I knew her, and got to know her family just as well, her wonderful parents, James and Fanny McClure. I would be a frequent guest at their house, just being part of the family.

Paula was always so full of positive energy, and the vibrancy that went along with her excellent character, her intelligence and her "supermodel" looks. I don't know if I've ever met anybody who was the "complete package" other than Paula McClure.

I've stayed in touch with both of her parents in the many years since Paula passed, and her father, James, passed away in 2020. I've grown to love all of them as if they were my own family.

Fannie and I frequently chat on the phone to check in with each other. She let me know a couple years ago, that she has a storage unit full of Paula's books and she just wasn't sure what to do with them. She knew that I had authored and published a couple of books, and asked me if I would take on the project to "republish" Paula's book along with some of my own personal insights. I told her I would be more than happy to do so not only in remembrance of Paula, because that's what we do with "family".

So, I wanted to write my own personal dedication to Paula and to let all of the readers know who we are, and the great friendship that we enjoyed with each other years ago.

I hope that the readers of this book really benefit from all the wonderful information that will go a long ways towards helping you maintain that balance in life between work and enjoyment. Paula wrote the book to really benefit women, and the additions that I added, hopefully will go a long ways towards benefiting everyone.

Thank you so much for purchasing this book, and I pray that all of you will somewhere along life's journey enjoy and experience a true friendship and love that I have for Paula and for her family.

My contributions to this wonderful book will be at the end of every chapter. Since one of the favorite activities Paula and I enjoyed so much was going to church service, you'll see a little religious reference in italics, and it will mainly pertain to things all of us can do for a more fulfilling and balanced life. She would like that! But, overall, this book is filled with useful information for everyone to enjoy!

Blessings!!!

Sincerely, James Donaldson

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