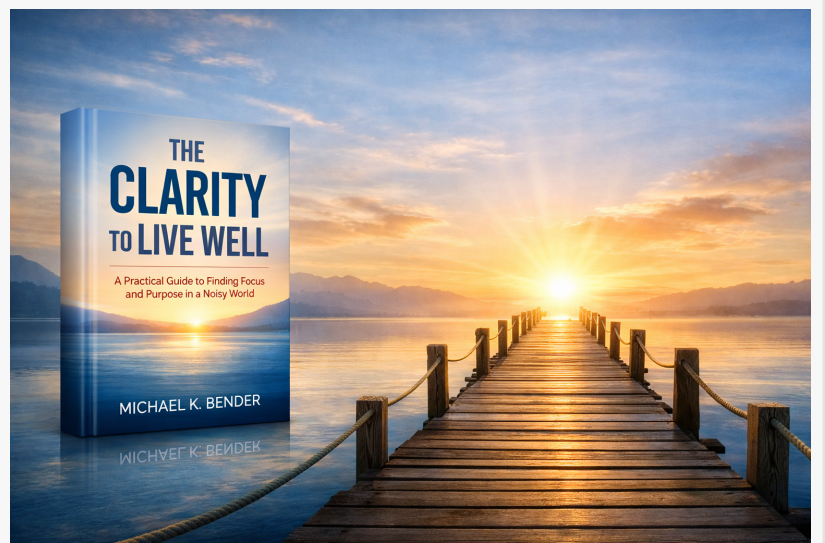


# New Book Offers a Practical Path to Clear Thinking, Reduced Stress, and Intentional Living

*Author Michael K. Bender releases *The Clarity to Live Well*, a guide for professionals, caregivers, and anyone seeking stability and focus in a demanding world.*

CAIRO, NY, UNITED STATES, June 26, 2026 /EINPresswire.com/ -- Author Michael K. Bender announces the release of his newest nonfiction work, *The Clarity to Live Well: A Practical Guide to Thinking Clearly, Reducing Stress, and Living Intentionally*, a timely guide for readers seeking stability, focus, and resilience in an increasingly demanding world.



The Clarity to Live Well

In this book, Bender draws not only on decades of experience as an educator, international executive, and former U.S. Foreign Commercial Service officer — but also on his deeply personal battles with cancer and serious heart disease. These life-altering health crises forced him to confront stress, uncertainty, and fear at the most human level. Through that journey, he discovered that clarity is more than a mental skill; it is a lifeline.

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People don't fail because they're weak. They struggle because their thinking is overwhelmed. Clarity gives you the ability to rise above stress, make better choices, and live with intention.”

*Michael K Bender*

“When you face cancer or heart disease, clarity becomes essential,” Bender says. “You learn quickly that your thinking must be steady, focused, and intentional. This book gives readers the tools to build that clarity before — and during — life's hardest moments. "People don't fail

because they're weak. They struggle because their thinking is overwhelmed. Clarity gives you the ability to rise above stress, make better choices, and live with intention.”

## Who Should Read This Book — and Why

### Professionals under pressure

Readers facing workplace stress, leadership demands, or burnout will find practical tools to think clearly, communicate effectively, and reduce mental overload.

### Individuals navigating life transitions

Anyone dealing with uncertainty, personal change, or emotional strain will benefit from Bender's guidance on regaining balance and direction.

### People seeking intentional living

The book provides a roadmap for readers who want to simplify their lives, strengthen their focus, and build habits that support long-term well-being.

### Educators, mentors, and coaches

Its clear frameworks and practical exercises make it a valuable resource for those who teach, guide, or support others.

### Readers facing personal hardship or health challenges

Bender's own experiences — including confronting cancer — give the book depth, credibility, and a steady voice of encouragement for those facing difficult circumstances.

The book offers a structured path for readers who want to simplify their lives, strengthen their focus, and build habits that support long-term well-being.

### Educators, mentors, and caregivers

Its frameworks and exercises make it a valuable resource for those who guide or support others through stress and uncertainty.

## About the Book

The Clarity to Live Well blends psychology, leadership insight, and lived experience into a concise, accessible guide. Bender helps readers identify the patterns that cloud judgment, the habits that increase stress, and the daily practices that restore clarity and calm. The result is a practical roadmap for intentional living — one grounded in resilience, focus, and thoughtful action.

The book is available now on Amazon (<https://www.amazon.com/dp/B0H6K3JW7T>) with expanded distribution through major retailers and library systems.

## About the Author

Michael K. Bender is an author, educator, former U.S. Foreign Service officer, and international executive. He has taught advanced English, communication, and critical thinking for more than a decade and has written extensively on clarity, leadership, and global affairs. He lives in New York's Mid-Hudson Valley with his wife, Jutta.

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