



**Layton, UT Author Publishes Inspiring Memoir**

**In This Book Follow the Author through Her Life and Be Inspired to Make a Difference in the World**

*Pause and Reflect*, a new book by Ofelia Aguinaldo Dayrit-Woodring, has been released by Dorrance Publishing Co., Inc.

A book filled with inspiration, *Pause and Reflect* contains wisdom to enhance your life. Ofelia Aguinaldo Dayrit-Woodring gives insights into her own life experiences and encourages everyone to serve, touch, and move others, and make a difference in the world. In today's society, we all need to make the world a better place.

**About the Author**

Ofelia Aguinaldo Dayrit-Woodring was a fourth grade teacher in a Philippine public school. She left the Philippines in her twenties and immigrated to the United States. In the United States, she worked as a Technical Editor for several years. She is now retired.

Ofelia has been on pilgrimage to Vatican City, Rome, the Eternal City, and Lourdes in the Pyrenees in Southern France. She loves "grandmother-hood." Her two incredibly handsome and nifty grandchildren, Logan and Kaleb, are her pride and joy.

Winston Churchill is Ofelia's favorite statesman. Ofelia lives by his words: "We make a living by what we get, but we make a life by what we give."

*Pause and Reflect* is a 328-page paperback with a retail price of \$21.00. The ISBN is 978-1-4809-3835-9. It was published by Dorrance Publishing Co., Inc of Pittsburgh, Pennsylvania. For more information, or to request a review copy, please go to our virtual pressroom at [www.dorrancepressroom.com](http://www.dorrancepressroom.com) or our online bookstore [www.bookstore.dorrancepublishing.com](http://www.bookstore.dorrancepublishing.com).