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OLIVIA NEWTON-JOHN "Grace and Gratitude" CD Fact Sheet

Olivia Newton-John's new album ***Grace and Gratitude*** is inspired by her belief that music has the power to heal by calming our minds, lifting our spirits and connecting to our hearts. Named for Olivia's appreciation of the gift of life, ***Grace and Gratitude*** contains twenty tracks intended for relaxation and healing. The CD is part of the new Olivia product line to help women care for themselves in body, heart and spirit.

"Music connects with a woman's spirit and heart and it was my realization of this that inspired me to create this CD," said Olivia Newton-John. It is important to calm your mind and connect with your heart to find harmony and balance. Music always helped me in my healing and now it is my hope that it inspires healing in others."

Billboard Magazine said: "***Grace and Gratitude*** has a purpose – the long-lived artist's belief that music can boost the body's healing processes. Newton-John is soulfully committed to every word she sings, and fans will be taken by the lush arrangements, melodic warmth and, of course, the artist's regal vocals."

Hello Magazine said: "***Grace and Gratitude*** holds up as a well-crafted collection of tracks designed to promote healing....Newton-John's still-sweet voice rings true."

Grace and Gratitude

As a long-term breast cancer survivor, Olivia has learned the importance of physical and emotional health, and especially the power of music. Research has shown that music can lower stress hormones, slow down brain waves, and actually boost the body's own healing process.

Co-written by the album's producer Amy Sky, the lyrics acknowledge a variety of belief systems, including Tibetan chants, prayers from Judaism and Islam, and a poem from St. Francis of Assisi.

The album was designed using artwork created by Olivia and was released in conjunction with Olivia's *Breast Self-Exam Aid*, a safe, simple FDA-cleared device designed to increase sensitivity while performing monthly breast self-examinations.

Grace and Gratitude was released to critical acclaim in September 2006.

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