

Dianne's Official Bio

Dianne Hales is a widely published, award-winning freelance journalist. She has served as a contributing editor for *Parade*, *Ladies Home Journal*, *Working Mother* and *American Health* and has written for many national publications, including *Family Circle*, *Fitness*, *Glamour*, *Good Housekeeping*, *Health*, *Mademoiselle*, *McCall's*, *New York Times*, *Psychology Today*, *Readers' Digest*, *Redbook*, *Science Digest*, *Self*, *Seventeen*, *Washington Post*, *Woman's Day*, and *World Book*.

Dianne's trade books (listed below) include *La Bella Lingua*, *Think Thin*, *Be Thin*, *Just Like a Woman* and *Caring for the Mind*. She also is the author of the best-selling college health textbook, *An Invitation to Health*, and coauthor of *An Invitation to Personal Change*.

She has received writing awards from the American Psychiatric Association, American Psychological Association, an "EMMA" (Exceptional Media Merit Award) for health reporting from the National Women's Political Caucus and Radcliff College, three "EDI" (Equality, Dignity, Independence) awards for print journalism from the National Easter Seal Society, the National Mature Media Award, Arthritis Foundation, California Psychiatric Society, CHADD (Children and Adults with Attention Deficit / Hyperactivity), Council for the Advancement of Scientific Education, and the New York City Public Library.

Dianne is married to Robert E. Hales, M.D., chair of psychiatry at the University of California, Davis, and has one daughter, Julia. She lives in the San Francisco bay area.

Trade Books

La Bella Lingua: My Love Affair with Italian, the World's Most Enchanting Language. Broadway Books, 2009.

Think Thin, Be Thin (with Doris Helmering) Broadway Books, 2005.

The Mind-Mood Pill Book, (with husband Robert E. Hales, M.D.), Bantam Books, 2000.

Just Like a Woman: How Gender Science Is Redefining What Makes Us Female, Bantam Books, 1999.

Caring for the Mind: The Comprehensive Guide to Mental Health, with Robert E. Hales, M.D., Bantam Books, 1996.

Intensive Caring: New Hope for High Risk Pregnancy, with Timothy Johnson, M.D., Crown Publishing Group, 1990.

Depression; Pregnancy; The Family (three volumes in *The Encyclopedia of Health*, Chelsea House Publishers, 1989.

How to Sleep like a Baby, Ballantine Books, 1987.

Case Histories, in *The Encyclopedia of Psychoactive Drugs*, Chelsea House Publishers, 1987.

The U.S. Army Total Fitness Program: Be All You Can Be, with Robert E. Hales, M.D., Crown Publishing Group, 1985.

New Hope for Problem Pregnancies, with Robert K. Creasy, M.D., Harper & Row, 1983.

Fitness after Fifty, with Herbert deVries, Ph.D., Charles Scribners Sons, 1982.

The Complete Book of Sleep, Addison-Wesley Publishing, 1981.

Textbooks

An Invitation to Health (thirteen editions) and *An Invitation to Health, Brief* (six editions), Wadsworth-Cengage Publishing, 1981-2009.

An Invitation to Personal Change, with Kenneth W. Christian, Ph.D., Wadsworth-Cengage Publishing, 2009.

An Invitation to Wellness, Wadsworth-Cengage Publishing, 2006.

