

## What Would People Do With More Time??

*Achieving New Year resolutions and balancing life has never been easier. Reduce stress and give something everyone needs - time! Make life and 2006 a success!*

Indianapolis, IN (PRWEB) January 24, 2006 -- At the stroke of the New Year, resolutions were made. Goals were set to lose weight, get organized, tackle tasks put-off, spend more time with family, and maybe even the promise to stick to the resolutions! It was easy to make the resolutions at the time, but the hard part is achieving and sticking to them.

Any resolution's success requires willpower, discipline and more importantly - support. In today's world, life isn't easy especially with a busy lifestyle. Whether single, married, a working parent or busy professional "too much to do and little time to do it" and "there isn't enough time" sneak up and begin to haunt all over again. Before long, it's back to the old ways of stressing and fighting the vicious cycle. But what if people had more time?

Achieving goals can be a reality by making one more "after the New Year resolution." Promise to make the "time" and provide the "resources" which will make those resolutions successful. But where can both time and resources be found?

Personal assistants, errand runners and concierges who perform personal services are taking the U.S. by storm. They are the perfect solution to a busy lifestyle. In Indianapolis, EK Errands Express has gained attention on local television news, had numerous article write-ups, become member of preferred vendors' lists, and was recently profiled in Indianapolis Monthly Magazine as an expert who makes life easier. "Professional insert-job-title-here" describes EK Errands Express perfectly," says Jackie Murphy, President and CEO of EK Errands Express. EK's clients include attorneys, law firms, doctors, accountants, TV news professionals, seniors, authors to name a few and testimonials reflect the company's success.

What will personal assistants/errand runners do? Grocery shopping; gift shopping; wait for a repairman/contractor and stay while work is performed; house visits while on vacation, business or extended winter trip; deliver meals; take vehicles for maintenance or a car wash; stand in line at the post office; pet sit; travel notary services; and even pick up forgotten items and deliver to work or school. Errand services are only limited to the imagination – as long as they are moral and ethical.

These professionals also offer services to businesses which are cost effective by keeping employees in the office and productive, perform courier work and may be used for temporary part-time work eliminating employee payroll and benefit costs.

As with other industry professionals, Murphy offers a wide variety of services but a major community who uses her services is the legal profession. With over 23 years experience as a legal assistant, her background and skills allow her to offer special services such as filing court documents, service of process of documents and subpoenas and courier time sensitive documents. These specialties have been highly welcomed by the legal community as "long overdue and much needed services."

Personal Concierges, Errand Runners and Personal Assistants are located all over the US and in most urban cities. They offer service on an hourly or package of time basis and may be called upon daily, weekly, or monthly. Certificates are also available for gift giving. Most of all, these experts offer a solution to reduce



stress and accomplish the "to do" list. These experts provide the means which give time back to a busy schedule!

Contact:

Jackie Murphy

[www.EK-Errands-Express.com](http://www.EK-Errands-Express.com)

(317) 698-8896 or (317) 356-4936

###

**Contact Information**

**Jackie Murphy**

EK ERRANDS EXPRESS

<http://www.EK-Errands-Express.com>

317 698-8896