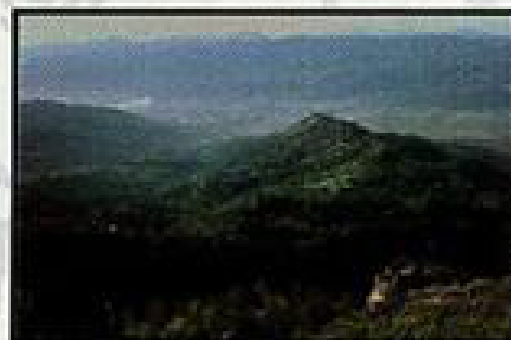


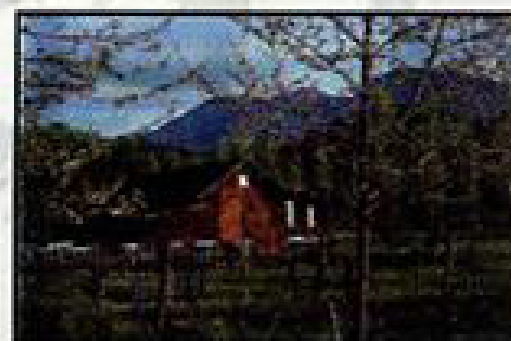
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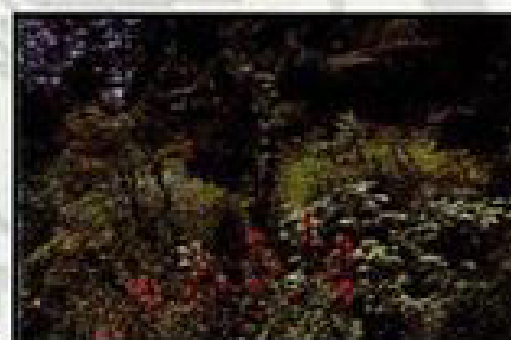
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View of the Napa Valley looking south from Mount St. Helena.



The Seize the Day headquarters is in a converted winery nestled among the vineyards. Mount St. Helena rises in the background.



Seize the Day's design studios are set on a knoll surrounded by flowers, fruit trees, and vineyards, with a breathtaking view of beautiful Mount St. Helena and the Palisades mountain range.

*"The urge to beauty,
and the need for beautiful
and gracious and lovely things in life
is as vital a need as the urge for bread."*

— Luther Burbank

Seize the Day, Inc.

Napa Valley, California. The wine country. Warm sun-washed days and fog-cooled nights. Vineyard after vineyard sweeps unbroken over the valley floor and undulating hillsides with reassuring precision. It's not often you find such precision. Each vine, from winter pruning to autumn harvest, is worked by hand. The wines that result are famous, a loving blend of intuition and craft, science and art.

It is within this beautiful valley — and within this tradition of craft and love — that a new software company called Seize the Day has taken root.

The home we have chosen is Calistoga, at the valley's northern tip, near the headwaters of the Napa River. Here the vineyards meet hot springs, mineral pools, and volcanic mud. It was an ancient place of healing for the Wapoo Indians and a utopian spa town built by Sam Brannan, California's first millionaire.

Here one of the world's three faithful geysers predicts earthquakes. Hot air balloons and gliders soar above the Palisades and Mayacamas mountains. One winery has black swans that glide past islands of scarlet pagodas on a jade lake. Another is a classical museum with subterranean tufa caves, a working celebration of the ancient love affair between art and wine.

On weekends and in summer months, the town swells with wine tasters, spa-goers, and bicyclists. Near the Silverado Trail, a factory clanks out bottles of mineral water spiked with fruit juice. The fourth coffee house just opened up across from the glider port and you pass a playground of modern art sculpture before reaching the massage tables at Indian Springs. Everyone has a dream here. And above it all, sacred Mt. St. Helena radiates her encouragement.

It is a place like no other. And Seize the Day's mission is to add to the magic, to create beautiful and useful software for the heart and mind. We blend the same care and passion into our creations as winemakers do with their best wines — for the delight and inspiration of all who taste them.



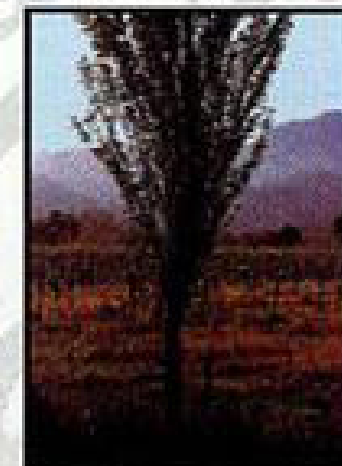
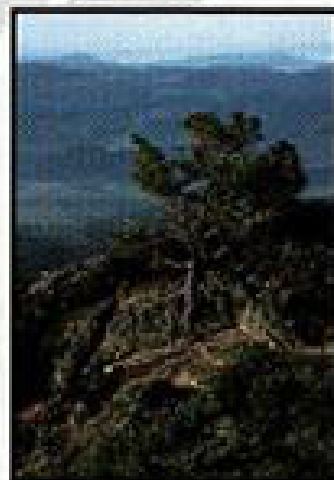
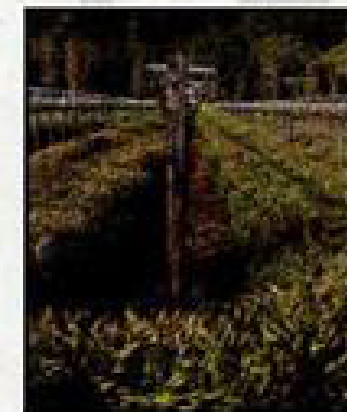
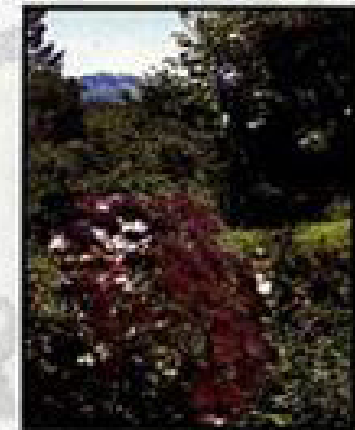
The Seize the Day Logo

The Seize the Day logo is inspired by the Hopi legend of the Kókopilau or Kókopeli. According to anthropologist Frank Waters in his classic *Book of the Hopi*, two máhu (locust or insect people) were accompanying the Hopi people up a high mountain. On top they met a great bird, the eagle. One of the máhu asked the eagle: "We have traveled a long way to reach this new land. Will you permit us to live here with you?"

"Perhaps," answered the eagle. "But I must test you first." Whereupon the eagle shot an arrow through the first máhu. The máhu, with the arrow sticking out one side of him, lifted the flute he had brought with him and began to play a sweet and tender melody. "Well!" said the eagle, "You have more power than I thought." So he shot the other máhu with a second arrow.

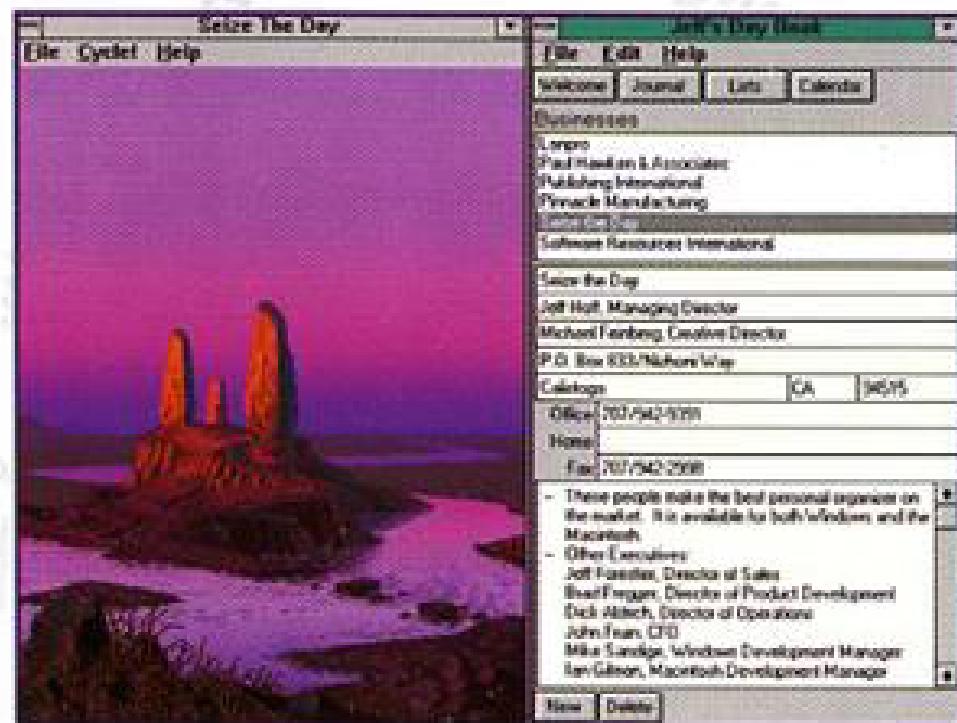
The two máhus, both pierced with arrows, played their flutes still more tenderly and sweetly, producing a soothing vibration and an uplift of spirit which healed their pierced bodies. The eagle, of course, then gave the people permission to occupy the land. The máhu became known as the Humpbacked Flute Player or Kokopilau (literally koko—wood; pilau—hump), a spirit of the invisible forces of life. In the hump on his back he carried seeds of plants and flowers, and with the music of his flute he created warmth. When the Hopi people moved off on their migrations they carved pictographs of him on rocks all the way from the tip of South America up to Canada.

In our logo, we feature both a Kokopeli and a Kokopilmana (Humpback Locust Woman), to symbolize a balance between tenderness and power, art and utility. Together they evoke the beauty and describe the truth that can inspire us to seize the day.



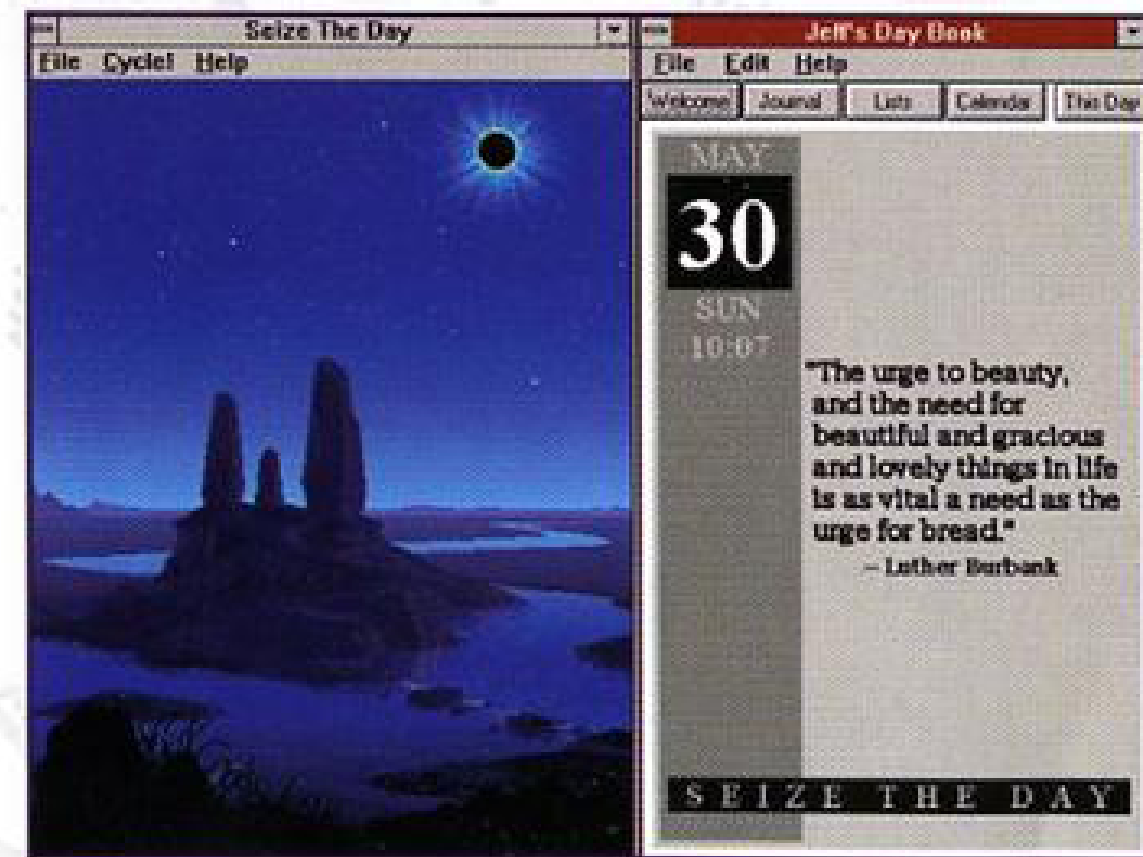
Welcome to *Seize the Day: The Illustrated Personal*

Introducing the first computer software that combines exquisite beauty with effortless utility. Inside Seize the Day you'll find everything you need to stay organized — To Do List, Project List, Appointment Book, Phone/Address Book, and great-sounding Alarms.



A superb telephone and address book,
To Do list, daily journal.

Twelve stunningly beautiful animated worlds.

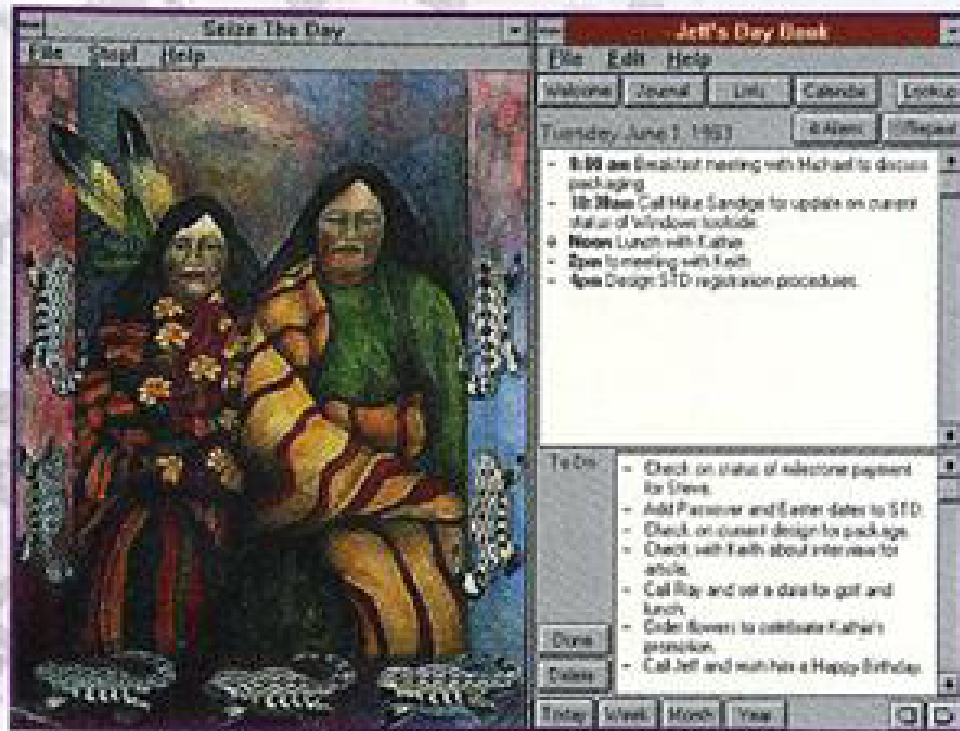


And you'll find something to inspire you — a daily quote and Journal entry about personal success, a remarkable idea from This Day In History, or the sunrise or sunset in one of our 24-hours-a-day Living Worlds.

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A perpetual calendar, and Daily, Weekly & Monthly planner.



Seize the Day. It's simple enough for novices but deep enough for experts. If you want a computer companion that's gorgeous and indispensable, look no further. There's no better value. You won't be disappointed.

"Have nothing in your house that you do not know to be useful, or believe to be beautiful." — William Morris

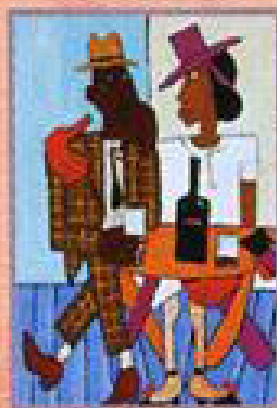
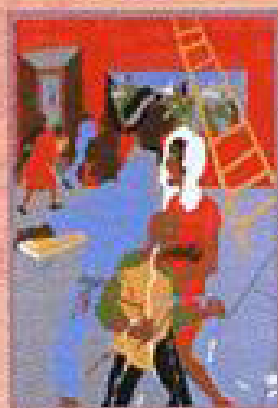
Table of Contents

This catalogue is divided into two sections of add-on modules that extend the Seize the Day Illustrated Personal Organizer: **The Gallery**, which contains art modules, and **The Library**, which contains theme-based journals.

Fine software, like fine wine, is a product of experience and growth. This is our first vintage and we hope you like it. But it's only the start. Future catalogues will feature a third section called **The Workshop** which contains highly specialized and useful tools for Seize the Day. And we are already working on some terrific new products for the Gallery and Library. Stay tuned.

If you have any problems with, or comments about, any of our products please call us at 707-942-2983. We'll do whatever we can to satisfy you. And we'd love to hear your suggestions.

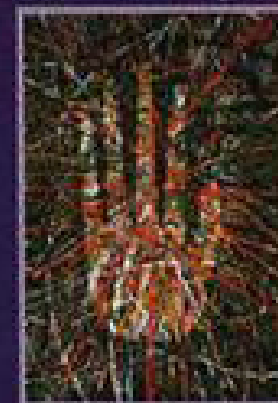
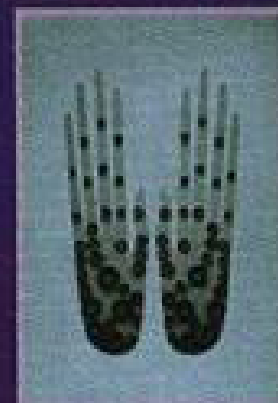
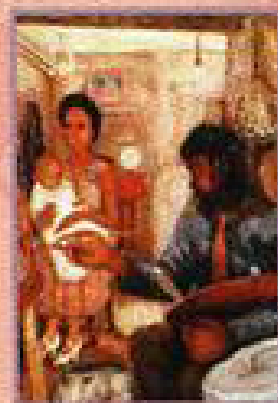
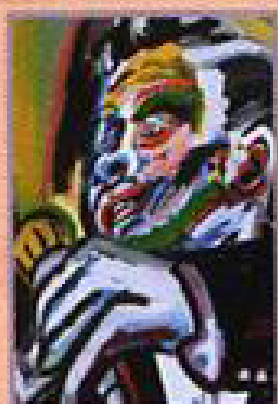
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Free Within Ourselves - Paintings by African-Americans

Free Within Ourselves is a testament to the extraordinary, but often untold, contributions of African-American artists to American art and culture. Including such renowned artists as Lois Mailou Jones, William H. Johnson, and Alma Thomas, this collection addresses the vitality and individuality as well as the effects of culture, upbringing, and education on that artistic expression. While there is no one African-American art, within the work of individual African-American artist is the embodiment of what it means to be an African American.

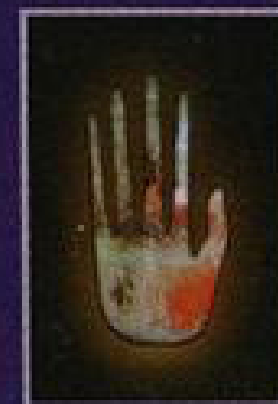
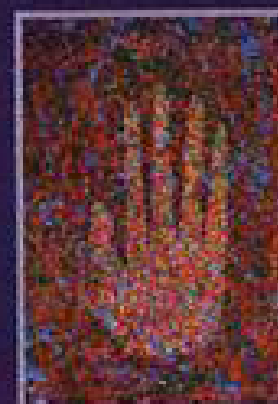
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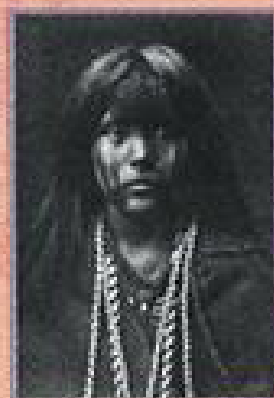


The Hand of God — The Paintings of Thomas Akawie

The hand itself is real, made of sheet mica, uncovered in a burial mound in the Ohio Valley. It's housed at the Field Museum of Natural History in Chicago and thought to be the creation of the Hopewell Culture, indigenous inhabitants of North America about 100 B.C. But in the mind and skill of one gifted artist, Thomas Akawie, the hand takes on spectacular meaning. The series (completed in less than a year), Akawie says, responds to "powerful tales of contemporary peril, such as the bombing of Iraq. It is my commentary on style, theme and variation, balance, energy and contemplation." Mesmerizing.

#TA02 12 images — \$19.95

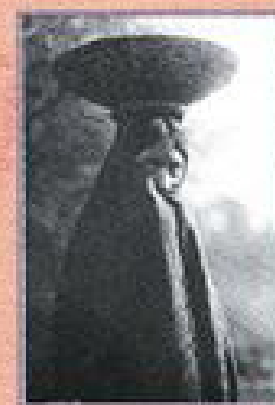
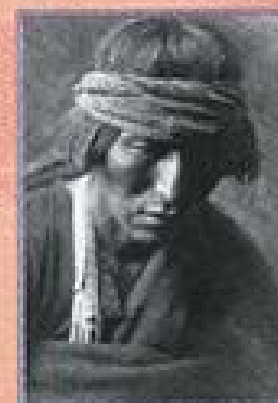
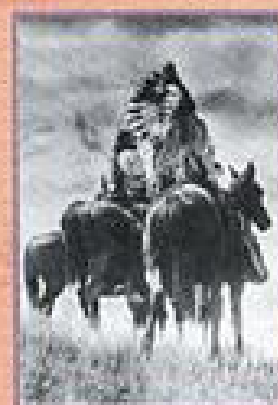




Edward S. Curtis — Portraits of Native Americans

Native Americans believed the camera captured their shadows, enabling the photographer to print them on paper. No one was more adept at or devoted to this than Edward Sheriff Curtis (1868 - 1952). For 30 years (1900 - 1930), Curtis traveled among North American tribes, capturing their shadows in 20 portfolios of 700 large photogravures. The hauntingly beautiful images in this 256-color, gray-scale collection were selected from those portfolios.

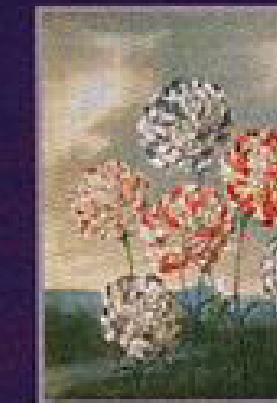
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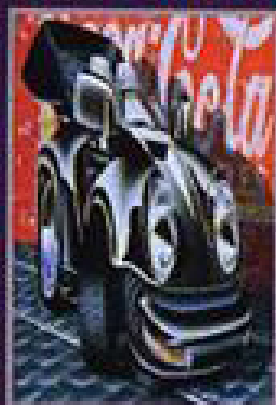


Robert Thornton — The Temple of Flora

Dr. Robert Thornton was a medical botanist by training, so these illustrations he created for a book called *The Temple of Flora* (1807) are scientifically correct. But more importantly, they are heroic and grand — a pantheon of flowers at once arresting, spectacular and relentlessly extravagant. Each flower erupts from its classical background. These aren't flowers of the field; they are roses, carnations, and lilies as mythic heroes. You may never look at a flower in the same way again.

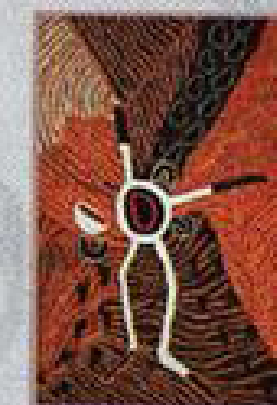
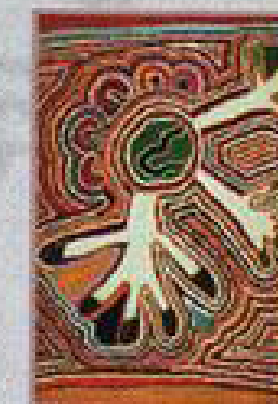
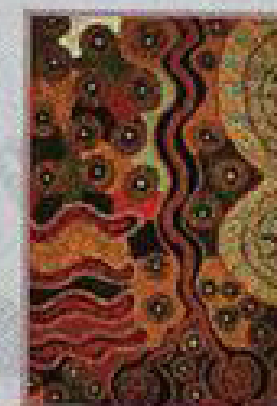
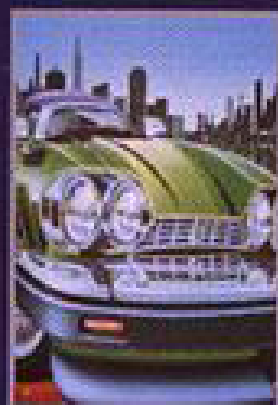
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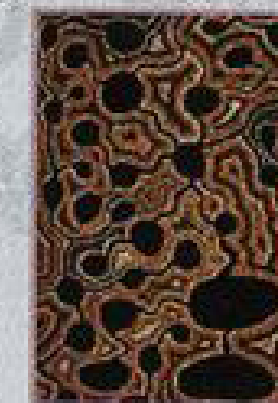
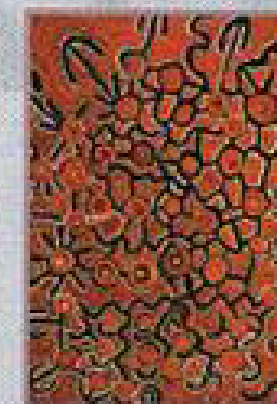
Car-catures — The Automobile Art of Frederic Tellier
 Frederic Tellier (French, b. 1963) graduated from the Art School of Calais in the north of France in the early 80's and immediately made his impact on the European graphic arts scene. The incredible richness and humor of this collection of luxury automobiles has taken the auto world by storm. Some of these works were commissioned by Japanese Automobile Magazine, BMW France, and Auto Week Magazine. Recently, Tellier won first prize for a car-cature poster at the New York Auto Show.

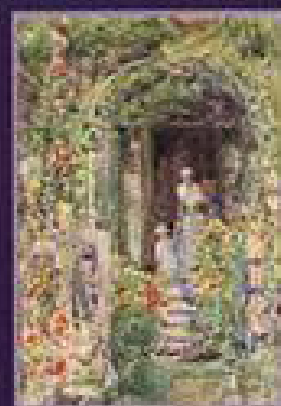
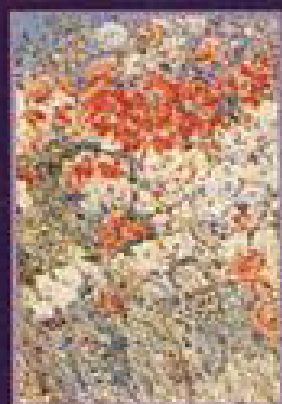
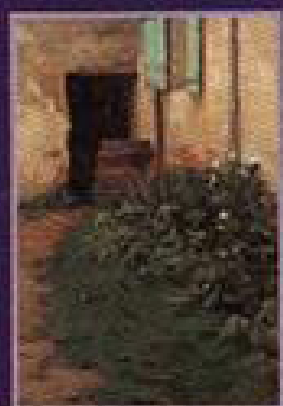
#05CC 24 images — \$24.95



Dream Journeys — Paintings by Aboriginal Artists
 From the Balgo Hills region in the Western Desert of Australia come these unusual and intriguing paintings by aboriginal artists. They reflect the spiritual bond these people have with their land. The artists, all leaders of ceremonial life in their communities, are custodians of not only the land but also its attendant ceremonies, myths, songs, dances, and designs. Each utterly unique painting is created primarily in the four traditional earth colors — black, red, ocher and white.

#DJ06 12 images — \$19.95

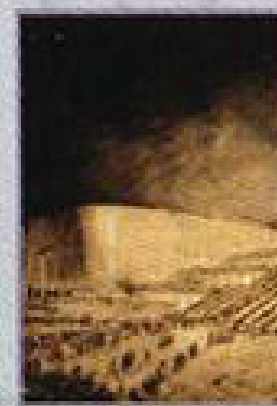
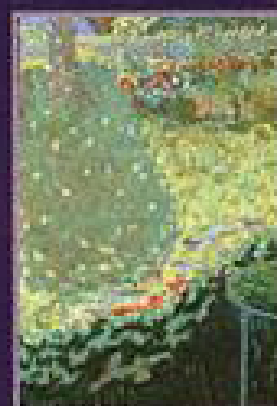




Gardens of the Impressionists

If ever a school of painting fit a specific subject, Impressionism found its soul in the garden. From the first artists of the late 19th century to contemporary painters who continue to employ its techniques, Impressionism has depicted the sensuousness of a garden better than any other style of art. These light-drenched paintings explode onto your computer screen with beautiful hues and the dazzling play of light. From the National Museum of American Art, Smithsonian Institution.

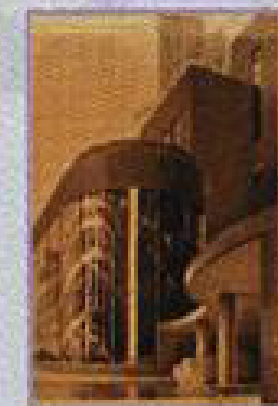
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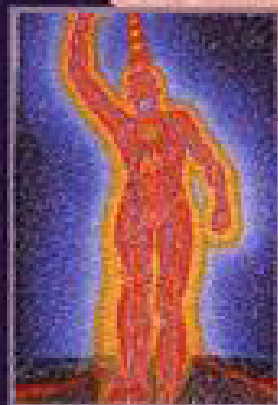
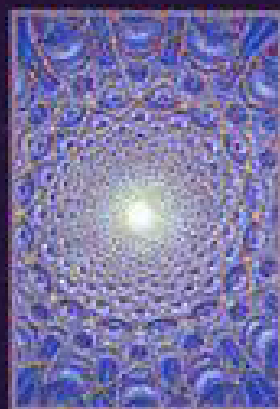


The Architectural Genius of Hugh Ferriss

If Frank Lloyd Wright is the popular icon of American architecture, Hugh Ferriss (1889-1962) is the master acknowledged by architects. Ferriss considered himself to be a design consultant, preferring to build his visionary structures only on paper. His striking images — from the United Nation's Building to Chicago's Tribune Tower — strive to communicate the mood and intent of architecture. Simple forms without ornament yet powerfully beautiful and dramatic, they inspired a generation of architects searching for a more "modern" style.

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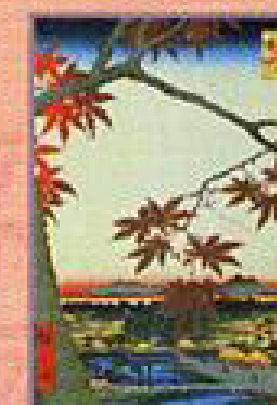
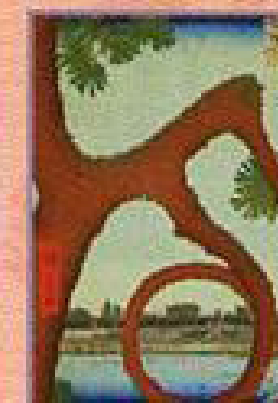
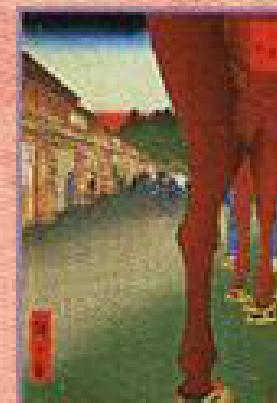
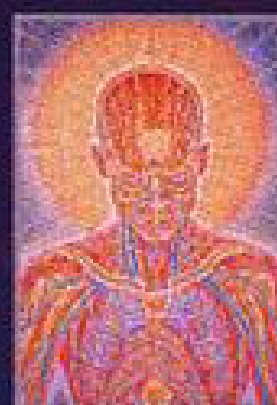




Transfigurations — The Paintings of Alex Grey

"Transfiguration is a process of becoming transparent to the light of Spirit," according to Alex Grey, who spent several years in medical school studying human anatomy. "In my paintings, I have tried to suggest this process by making the human figure translucent." In the illuminated world of the computer screen, Grey's images are dazzling and awesome — entwining the physical realm with the incredible forces that define its living field of energy.

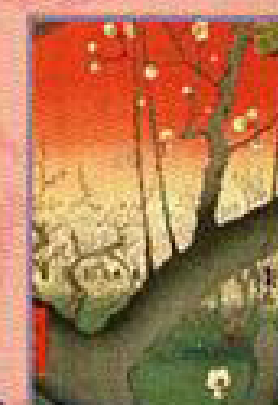
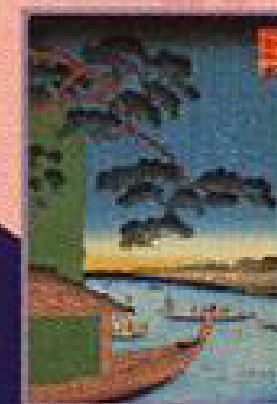
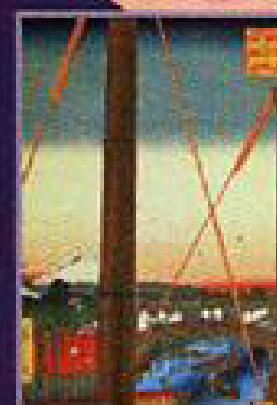
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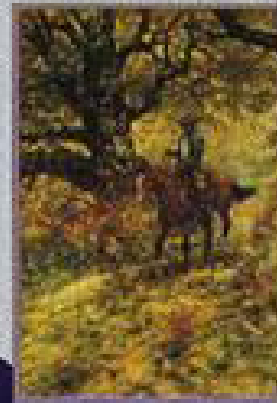
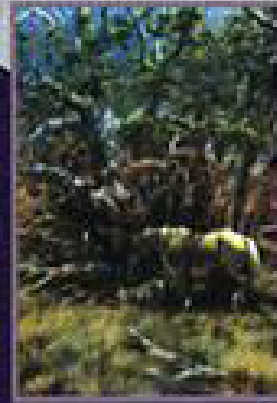
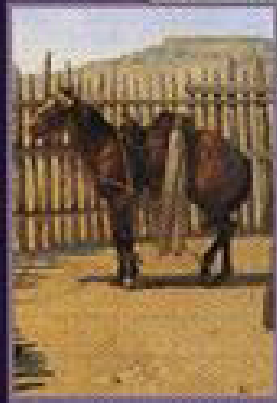
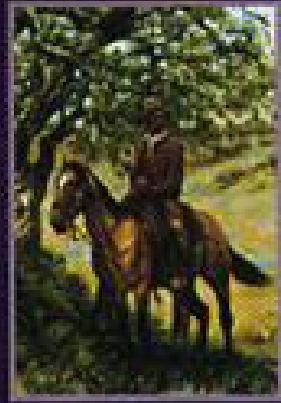


100 Famous Views of Edo — Hiroshige

Hiroshige was born in 1797 the son of a fireman of the samurai class in Japan. In his 60th year, the artist shaved his head, took the vows of a Buddhist priest, and began his last print series from which these selections are taken. Edo (modern day Tokyo), the seat of the Shogunate, was at the time the largest city in the world with more than one million inhabitants. These images are colorful and beautifully simple — masterpieces of the Japanese craft tradition of woodblock printing.

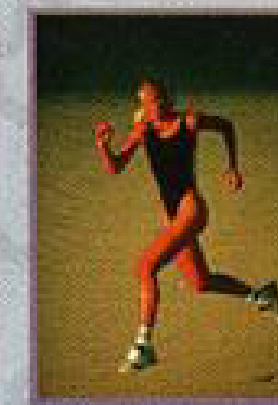
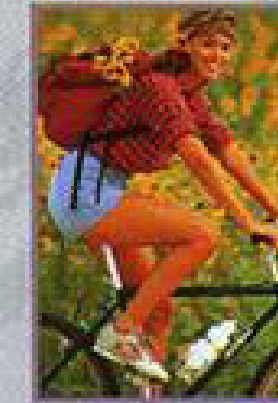
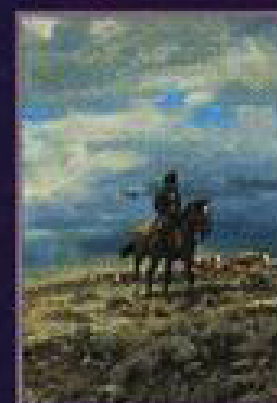
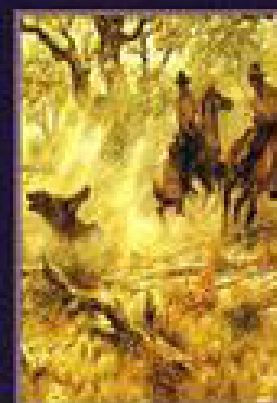
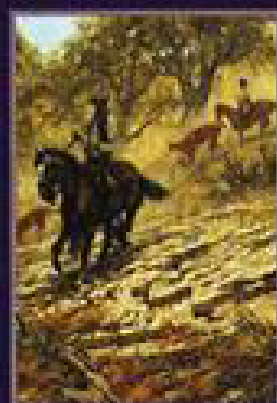
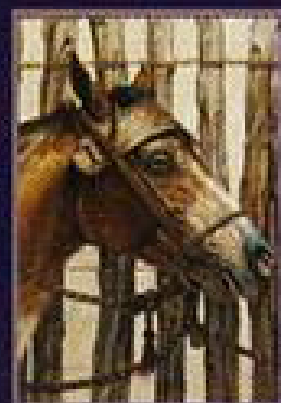
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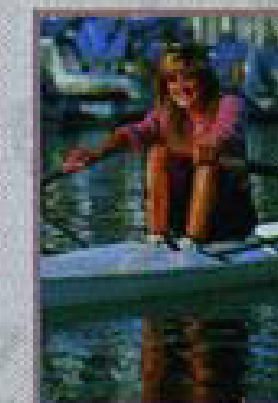
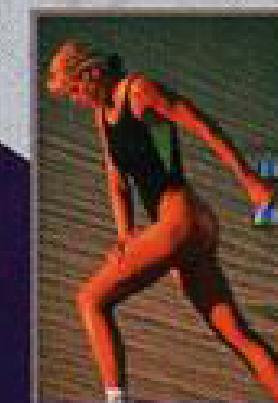
Vaquero Art — The Western Paintings of J.N. Swanson
 J.N. "Jack" Swanson (American, b.1926) is considered by many to be the best western artist living today. He is still an honest-to-god cowboy even though he makes his living with a brush, painting horses, cattle and vaqueros in his ranch/studio in Carmel Valley, California. As a teenager he worked with the last of the California vaqueros in the Tehachapis of southern California and later broke and trained horses in Oregon's high desert country. Swanson's admirers range from Ronald Reagan , who hung one of Jack's painting in the Oval Office, to a broke cowboy following the rodeo trail.

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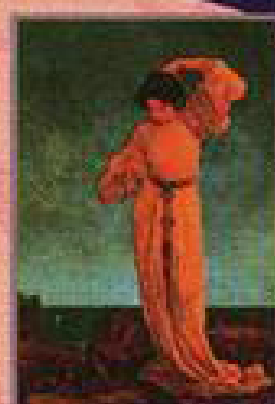


Women of the Outdoors — Photographs of John Kelly
 From his ranch and studio in New Castle, Colorado, famed outdoor photographer John Kelly specializes in capturing the human body in motion against the natural elements. These remarkable and inspiring images feature women athletes involved in a wide variety of outdoor pursuits.

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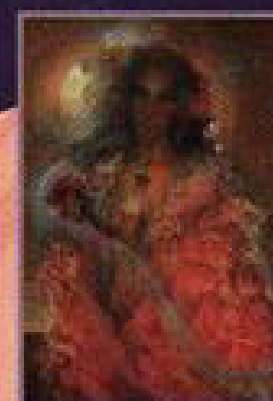
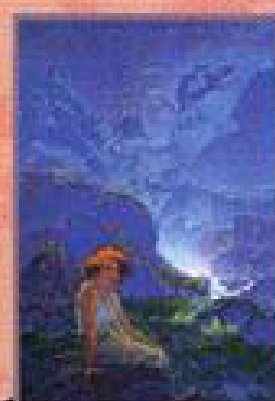
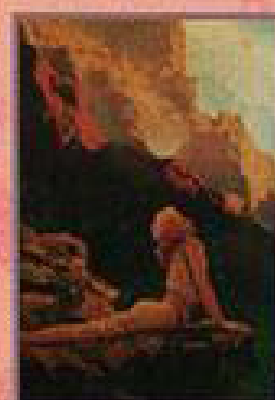
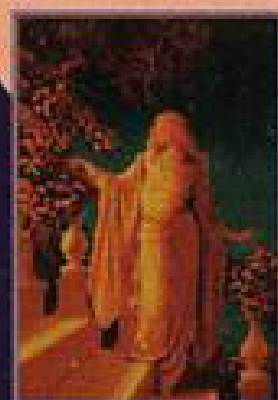
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Maxfield Parrish — The Master Works

Maxfield Parrish (1870-1966) was the most published artist of his time and his illustrations have become American icons. Here are 15 of his most famous images, wonderful examples of the Parrish genius. In our illuminated digital format his uniquely vibrant palette shines through like daybreak on a still pond. Wait until you see this master's work come alive in pure light. The finest art book or poster cannot match the intensity and realism.

#MP13 15 images — \$19.95



Susan Seddon Boulet — Shaman

"She captures the spirits who dance in the sun's rays," is the way writer Anaïs Nin describes the paintings of Susan Seddon Boulet. Boulet's shamans and goddesses are rich in substance and spiritually sensitive, capturing the fusion of woman, man and beast. Her popularity has spread eastward from California to New York and across the world. Breathtaking and extravagant in their imaginative renderings of the Native American mythos, this rich collection truly dances on the computer screen.

#SB14 24 images — \$24.95

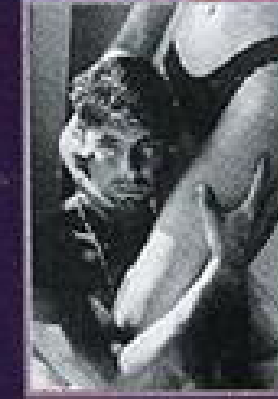
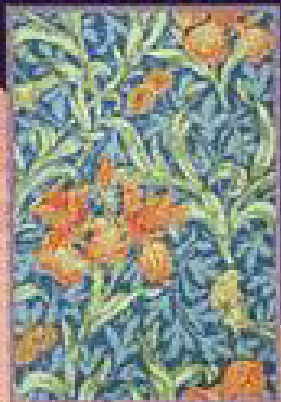




The Classic Wallpaper Designs of William Morris

The designer William Morris (English, 1834-1896) believed that art should find expression in utilitarian objects that could be enjoyed as part of everyday life — a creed shared by *Seize the Day*. He worked in textiles, furniture, tiles, glass and wallpaper, becoming a legend not only in England but throughout the world. Here are 12 of Morris' most appealing wallpapers in his favorite floral, fruit, or foliage motifs. There may be other wallpaper for the computer, but none from this master.

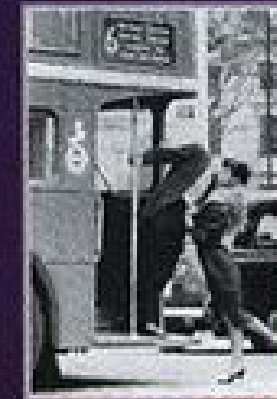
#WM15 14 images — \$19.95

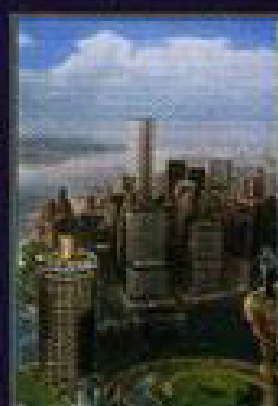
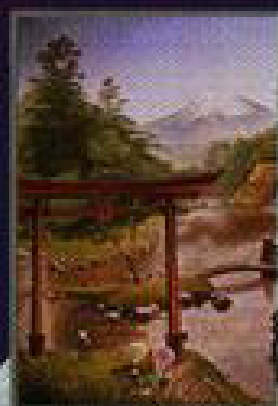


The Kiss — Photographs of Trevor Watson

English photographer Trevor Watson excels in the ability to include you in the most tender and intimate moments between a man and a woman. Yet, instead of a voyeur, you feel more like a sympathetic and necessary observer. These beautiful gray-scale embraces are simultaneously passionate, startling, and witty. Watson's work shows, as in life itself, that any moment can explode with delightful possibility if the participants are willing to seize it.

#TW16 12 images — \$19.95

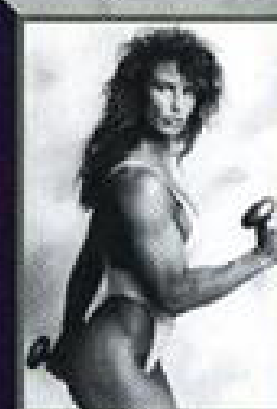
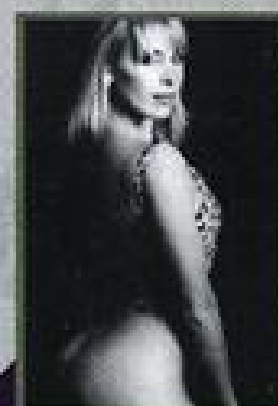
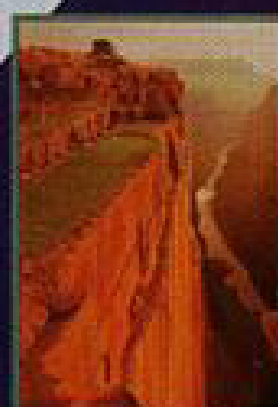
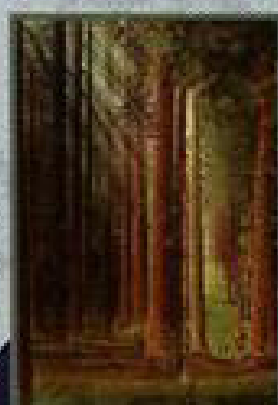
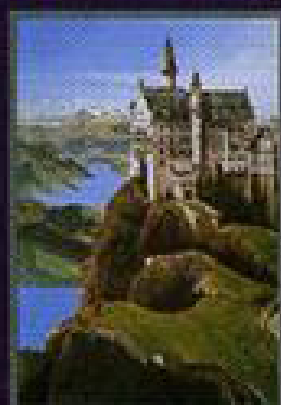




18 Infamous Golf Holes Paintings of Bud Chapman

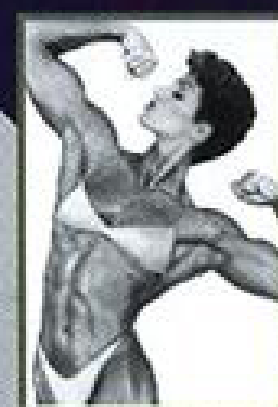
Would you like to negotiate a par four in the heart of Manhattan or carry your tee shot over Africa's Victoria Falls? Dream about it every day with this hilarious collection of impossibly-difficult yet amazingly realistic golf holes. In the eye of Loyal "Bud" Chapman (two-time Minnesota Senior Amateur Champion), golf pits man against nature - from the swamps of Okefenokee to the ruins of Machu Picchu. Any golfer worth his salt will enjoy this championship layout.

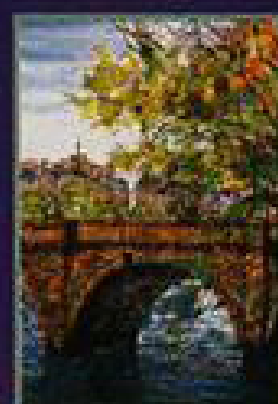
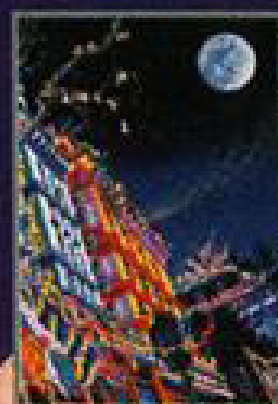
#BC17 18 images — \$19.95



Women Bodybuilders — Paul B. Goode
Here are 12 of dance photographer Paul Goode's favorite images of bodybuilders, whom he has studied for a decade across the United States, Europe and Russia. "During my photo sessions," he says, "I focus on the personality of the women rather than on their muscles. Their inner strength and emotions are my concern." Goode's camera captures athletes who have styled themselves for power, beauty and grace. The muscle doesn't detract from their femininity — it redesigns it.

#PG18 12 images — \$19.95

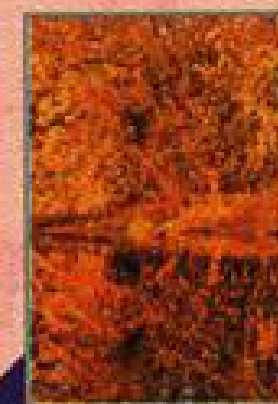
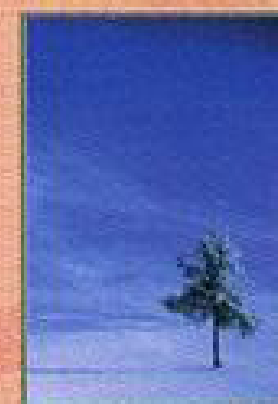
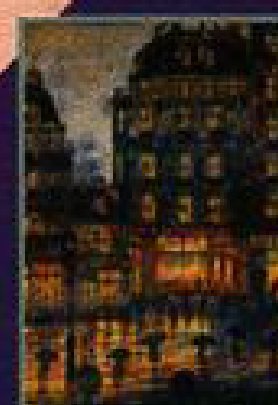
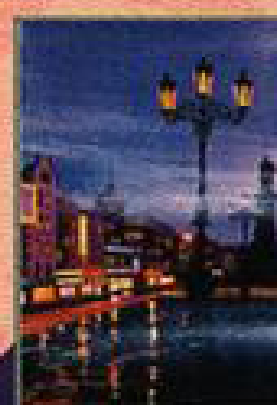
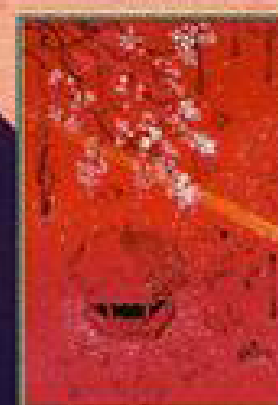




Hiro Yamagata — The Early Years

Hiro Yamagata (Japanese, b. 1948) came to Los Angeles via Tokyo and Paris in 1978 and soon made it his home base. He is famous for his bright serigraphs celebrating the 1984 Los Angeles Olympics (L.A.'s the Place) and the 1986 Centennial celebration of the Statue of Liberty (Happy Birthday, Liberty). Yet his marvelous earlier works — also featured in this collection — reveal the twining of three cultures: his traditional Japanese past, Left Bank bohemian days in Paris, with America looming in his future.

#YA19 24 images — \$19.95



Nature Photography of Charles Gurche

Photographer Charles Gurche is a United States Forest Ranger who consciously seeks the solitude and majesty of the American wilderness. The photos in this collection capture the wondrous, ceaseless play of sunlight and earth from western mountain flowers to the ponds and forests of the Atlantic Coast. Every day, no matter where you are, Gurche's images will urge you to (in Thoreau's words) "conspire with the wild luxuriant beauty of Nature."

#CG20 12 images — \$19.95

