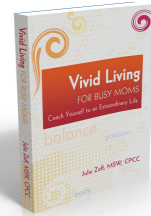


BOOK FACT SHEET

Title: Vivid Living for Busy Moms

Subtitle: Coach Yourself to an Extraordinary Life

Author: Julie Zeff, MSW, CPCC



Publisher: Create Space

ISBN: 978-1461138600, 1461138604

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Genre: Self-Help, Personal Growth, Happiness, Balance, Empowerment, Working Mom, Busy Mom, Life Coaching, Yoga, Mind/Body

Summary: “Vivid Living for Busy Moms” gives you the tools you need to live your vivid and extraordinary life today – right in the midst of motherhood. By providing practical and powerful coaching tools you can implement now, this book helps you define what is most important to you, personally and professionally. You will learn to access the innate truth and wisdom of your body and mind to live fully, passionately, and guilt-free. Don't just tolerate your life. Your vivid and extraordinary life is waiting!

“Vivid Living for Busy Moms” will guide you to...

- Say goodbye to mommy-guilt, stress, and feeling overwhelmed.
- Trust yourself to make decisions with confidence and clarity.
- Uncover your true Life Purpose and Essences – who you are at your core.
- Create a balanced life that works for you and your family.
- Turn your fears and hesitations into powerful and passionate living.
- Thrive in extraordinary ways you once thought impossible.

Bookstores: Will be available for purchase through www.amazon.com and www.barnesandnoble.com

Media Kit: Available Online at www.vividliving.net

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