

## *Vivid Living for Busy Moms Reviews*

- "Julie is a working mom's fairy godmother--she reminds you of what's important, whispers just what you need to hear in your ear just when you need to hear it, and perhaps most importantly, teaches you how to be your own fairy godmother."

*Kate Hanley, Ms.Mindbody, Author of The Anywhere, Anytime Chill Guide and Mom of two. [www.msmindbody.com](http://www.msmindbody.com)*

- "Brimming with insight and experiential tools to nourish and guide women who dance with vibrant dreams and full plates, Vivid Living for Busy Moms is a gem. Julie Zeff is a hands-on companion and champion whose realness offers down-to-earth wisdom and sky-high encouragement. She's a woman passionately devoted to seeing her fellow Moms thrive. She walks the Busy Mom path herself and is a brave and tender guide who leads with conviction and joy. This book is a beacon, calling women to access and embrace the innate power of their mind/body/spirit wisdom, and to actively harness those illuminations to sustain and enhance their everyday reality. Let it shine."

*Gail Barrie, Master Coach and Author of Unwrapping Your Presence. [www.boldmoves.net](http://www.boldmoves.net)*

- "As a teacher of Julie's I am proud of her active and searching mind and how she brings what she has learned into the world. She has digested the teachings that matter most to her and she viscerally truth-checks her concepts in her body. She offers these teachings to other busy moms who are determined to grow in her book, Vivid Living for Busy Moms."

*Ana Forrest, Creator of Forrest Yoga, and Author of Fierce Medicine. [www.forrestyoga.com](http://www.forrestyoga.com)*

- "Vivid Living for Busy Moms is a must read for every mom wanting practical strategies and tools to not only survive, but to thrive. Julie's encouraging and powerful voice will guide you to live fully into your body, mind, heart, and life. Find strength, courage and clarity you didn't even know you have. Give this book to every mom you know - but give it to yourself, first."

*Debra Perlson-Mishalove, Founder and Director of Flow Yoga Studio - Washington, D.C., and mom of two boys, Jonah and Leo. [www.flowyogacenter.com](http://www.flowyogacenter.com)*

- "A must read for moms! Powerful! Life Changing! In just seven 'sessions' Julie will warmly and expertly give you the coaching tools you need to tap into the innate wisdom of your mind and body to define and live what is absolutely most important to you in your life as a busy mom."

*Kim George, author of the best-seller Coaching Into Greatness and founder of The Abundance Intelligence Institute®. [www.AbundanceIntelligence.com](http://www.AbundanceIntelligence.com)*

- “Working with Julie, I learned so much more about myself than I thought possible in a short amount of time. The exercises in this book made it much easier for me to bring my best self to every aspect of my life, from school and work, to my family and my marriage. And to top it all off, life coaching is fun! It didn’t feel like work at all – more like I got to spend a lot of time with someone I’ve come to like a lot...ME!”

*Lynne McIntyre, Documentary Film Maker, MSW, and Mom of Two*

- "Julie is a gift to humanity. She has a gentle but unyielding gift of engaging your heart, head and soul in every conversation. She, impressively, goes deep quickly. She believes in the unlimited potential in each one of us and is able to help her clients unleash endless possibilities. I leave every interaction feeling refreshed, focused and ready to live in the world as my best and most powerful self. Whether I need to get clear, grounded, quiet or courageous, I work with Julie and leave the conversation with exactly what I needed to move forward."

*Beth Stiner, Sr. Director, Talent & Organizational Effectiveness, Banner Health. Mom, Wife, Daughter and Friend.*

- “After many years in therapy, I had lots of understanding about my past and how it impacted me. BUT, I was still feeling stuck in old patterns and wasn’t thrilled with my present or how I was feeling day to day. Then came my work with Julie. Today, I no longer worry about who I “should be” or “who I thought I was”. Julie has given me the ability make choices in my life that align with who I am and who I want to be today and for years to come. The tools in this book enabled me to get real and honest about what I wanted in my life today and to create it. Her work has changed my life in ways I never thought possible. Julie will show you how to uncover your truth and how to live it and thrive TODAY!”

*Nora, Sales and Marketing Professional and Mom of Two*

- “Working with Julie has changed my life 100%. I went from a place of anxiety and self-doubt to a place of calm and truth. Julie listens from her heart and brings out your true and authentic self. Her coaching tools and techniques have given me the gift of knowing who I really am and living into a life I love everyday. I recommend Julie's work to anyone and everyone, wherever you may be along your life’s journey.”

*Jen Zirkle, Educational Program Manager, Brailsford and Dunlavey*

- “Working with Julie is life changing. There's not a day that goes by that I don't use a tool from this book and our work together. You will learn to live into your untapped potential with the tools and perspective she shares.”

*Laurie Singerman, Senior Congressional Staff and Mom of Two*

Here's what women are saying about their participation in **Julie's Vivid Living Groups**...

- "Julie - You are the ultimate compass... you have such a gift to show people their strength and love and hope and beauty.. You have absolutely changed my life with this group Thank you for forming the group, creating all the tools and always being your positive, beautiful self.. You have shined a light on the best parts of us all . The group dynamic of the calls is amazing. It gives me a sense of support and reassurance. I have learned so much not only from Julie, but from the other members of the group. It has truly been a life changing experience that I will carry with me always."

*Jen Zirkle, Assistant Project Manager*

- "After just six weeks with Julie I feel greater clarity on who I am, and how I fit into the world. And sincerely, I can't think of a more important or exciting discovery." After working with Julie for six weeks and receiving a toolbox full of inspiring information and activities, I feel better equipped to BE ALIVE." "Julie is a gem. Her voice is both loving and firm, encouraging and challenging; her approach to coaching helps you to develop a true appreciation not only for who you already are, but also for what you might become."

*Sara Oliveri, Positive Health*

- “It is amazing how much my outlook on my life has changed in the past 6 weeks. I learned that sometimes it's not your particular circumstances that are causing distress, but your attitude about them. I feel like I now have a plan to address what is uncomfortable in my life, and also the freedom to enjoy what is going well. Thank you Julie and the wonderful group participants for love and support in my personal growth.”

*Jef Bontrager, Advertising Consultant & Mom of two*

- “I know there is much more to come, since I just recently finished the 6-week course and am still working through the material, but two things have already made a strong impact on my life. The first came in the first session - Introducing Your Body - because I had never really actively thought about listening to my body when making a decision that wasn't directly related to my body. It is pretty amazing to have this new tool to use when trying to make decisions, big or small. The second came in the last session - The Toolbox - in which Julie gave me a powerful tool - putting my hand over my heart - to help me stay focused on what was important to me

and not become agitated during potentially stressful situations. Can't wait to keep going down the path so beautifully laid out in this course."

***Eva Gordon, Scientist and Mom of four***

- As a young woman just starting my career, these sessions have given me comfort in the fact that there are many intelligent, successful and emotionally connected women in the world. I enjoyed feeling connected to their personal journeys as I went through my own. I really liked the essence work, as it brought a smile to my face and helped me realize what really makes me alive. Julie really went to great lengths to help everyone discover a little bit more about themselves, and her compassion radiates through the phone.

***Erin Henshaw, Non-profit***

- "Although I had done some individual coaching with Julie prior to signing up for the Vivid Living Coaching Group, I had no idea what to expect. Would I really benefit from listening to others share and work through their 'stuff?' Well, the answering was a resounding, Yes! Julie has the gift of creating a place of absolute trust, integrity, and support within the group setting where everyone, without exception, could really be ourselves and benefit from not only Julie's expert guidance, but from each other."

***Sue Lomenzo, Principal, Small World Strategies LLC***

- "I have clarity around what I want more of in my life. For example, I didn't even realize that I wanted more 'fun' in my life until I went through this book. I clearly know now what is fun for me. I travel more, play more and do the things that bring me joy."
- "I no longer internalize my negative thoughts and beliefs."
- "I have reduced the clutter in my life, and have shared this group experience with those closest to me and now have their support."
- "I met a group of fantastic and inspiring women!"
- "I use the tools from this book and group to help me make decisions differently in my everyday life. I have a more positive and empowered perspective."