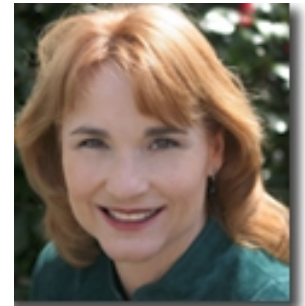


Give Wings to Your Dreams:

Reawaken Your Joy and Passion for Life

By **Lauren E. Sullivan**



Multiple Award-Winning Book

Winner, *The National Best Books 2007 Awards*, Women's Issues

Winner, *The 2008 Next Generation Indie Book Awards*, Motivational

Finalist, *ForeWord Magazine 2007 Book of the Year Awards*, Women's Issues

Finalist, *The National INDIE Excellence 2008 Book Awards*, Women's Issues

Finalist, *The 2008 Next Generation Indie Book Awards*, Inspirational

Finalist, *The 2008 Next Generation Indie Book Awards*, Women's Issues

Susan Jeffers the “Queen of Self-Help” and author of *Feel the Fear and Do it Anyway* says: “*Give Wings to Your Dreams* takes you on a gentle and compassionate journey, illuminating a path that will empower and energize you to spread your own wings and fly. A beautiful book.”

An emotionally uplifting and energizing self-help book.”

-Susan Bethany, *Midwest Book Review*

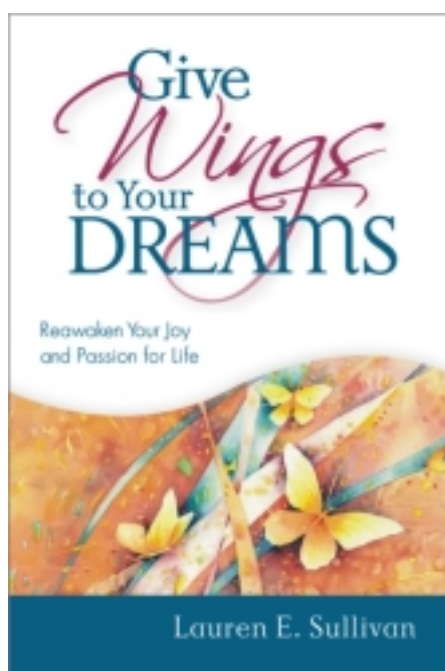
“Lauren’s uplifting writing style, her rich poignant stories, and her well-crafted exercises give you the tools you need to discover your own personal pathway to a joyful life.”

- Carol McClelland, Ph.D.

**Author of *The Seasons of Change*
and *Your Dream Career for Dummies***

Give Wings to Your Dreams About the Book

Inspiration and practical guidance, for women in midlife who are experiencing stress, burnout or blues, to design happier, more peaceful, and balanced lives.



In vivid and engaging language, award-winning author Lauren Sullivan, a Life Coach and Women's Retreat Facilitator in Santa Barbara, California, takes readers on an uplifting, soul-satisfying journey to new beginnings and a rich and robust quality of life.

Along with practical tips, tools and strategies, and client stories garnered from her professional experience and training as a life coach, Lauren shares her own compelling journey of overcoming the debilitating stress of dealing with her ex-husband's frightening crystal meth addiction, while also juggling the demands of her fast-lane Silicon Valley career and single motherhood.

Lauren's style is gentle and compassionate as she takes the reader by the hand and shares her advice and her own inspiring transformation as she discovers the power of baby steps along a Seven Stepping Stone journey.

The Seven Stepping Stones at a Glance

One: Shore up your energy for change by giving yourself permission to honor your needs and take the time necessary to nurture your mind, body and spirit.

Two: Resurrect the dreams you left behind by pondering powerful questions designed to help you get in touch with your deepest desires.

Three: Conquer your inner critic and limiting beliefs by empowering your "inner coach" to support you in believing that you can actually have what you want.

View the inspiring book trailer at:
www.TheWingsMovie.com

Four: Adopt a joyful attitude and positive anticipation about your life, even before significant change has occurred, just by shifting your focus.

Five: Create a compelling personal vision that will energize you and enable you to gain the confidence, clarity and conviction to change your life.

Six: Create an inspiring life plan anchored in powerful intentions and heartfelt choices that will create forward momentum and propel you into productive and meaningful action.

Seven: Stay true to your vision by learning ways to navigate the bumps in the road, maintain your focus, and celebrate your progress as you begin to spread your wings and fly!

Other authors and experts praise for *Give Wings to Your Dreams*:

Georgia Richardson of the National Association of Baby Boomer Women says: “ Ms. Sullivan’s book is warm, inviting and almost like having your own personal life coach sitting across from you helping you to make sense of the chaos and showing you how to take charge of your broken dreams, encouraging you all the way. I felt a kinship with her once I finished the book.

The fluff and hype is absent, thank goodness, and instead you are presented with REAL help to transform your life... Thank you Ms. Sullivan! This book is powerful and bold, and coming from a woman in the throes of mid-life, to me it was magical. Don’t miss it. I highly recommend *Give Wings to Your Dreams*.”

Margie S. Heiler, MS, Master Certified and Certified Executive Coach says: “Lauren Sullivan courageously and openly tells her story and that of countless others. Full of rich metaphors and personal examples, it is a reminder of who we are, of giving and receiving, forgiveness and so much more. It provides an effective model for all who desire to reach inside and give wings to their own dreams. I plan to share this inspiring work of art with my clients.”

Charlotte Davis Kasl, Ph.D., author of *Many Roads, One Journey: Moving Beyond the Twelve Steps*, says: “Lauren Sullivan encourages women to explore their passion, take risks, listen to their inner guidance and take good care of themselves. Through her own journey from lost to found, she imparts hope, enthusiasm and clear guidance to the reader for taking on the adventure called life.”

Daphne Rose Kingma, author of *Finding True Love and Loving Yourself*, says: “For too many women, dreams remain just that: elusive, out of reach, and unfulfilled. If you have lost faith or never quite connected with your own precious – or powerful – dreams, this book could be just what the magician ordered!”

Sandy Grason, Author of *Journalution: Journaling to Awaken Your Inner Voice, Heal Your Life and Manifest Your Dreams*, says: “Lauren Sullivan leads by inspiring example, taking you on a soul-satisfying journey of personal discovery and freedom to recapture your dreams and celebrate the joy in your life.”

What Readers Say About *Give Wings to Your Dreams*:

“I just started your book and within the first two chapters I literally could feel the excitement in my heart as my thought process began to change. Even at 56 I can STILL pursue my dreams. I AM worthy and AM deserving of happiness. I'm feeling like the woman I used to be - full of laughter again and hope. Lauren thank you - this "antique little girl" in Virginia sings your praises.”

“Never have I read a book that touches me near as much as yours. I am only on page 52 and I just had to find your email and tell you. I live on motivational tapes and CDs, but I think you wrote this book for me. I was so amazed that you were able to depict me on every page!”

“Your book has jump-started my life! I have recommended it to many people, and now my therapist is even recommending it to her clients. You really inspired me!”

“I attended your book lecture at Transitions Bookplace in Chicago. I am reading your book and was just thinking this morning that I should email you and let you know how much I am enjoying your book and lo and behold! Here's an email newsletter from you! I have been reading Law of Attraction type books for quite a while now and I truly enjoy *Give Wings to Your Dreams*.”

“You have written a beautiful book that challenges us all to pursue our true purpose and passion in life. It is filled with inspirational and life changing insights! I feel so uplifted! I have shared your website with many friends and family.”

“Your book is so inspiring. I feel energized and empowered to make the changes I've been wanting for such a long time. Thanks to you, I'm finally taking steps to pursue a career that is my passion. My husband loves the changes he has seen in me since reading your book and now he's reading it too! He tells me all the time how peaceful I look and how happy he is to see me smile again.”

“I found your book while browsing for a new motivational book at Borders. I picked it up and just from glancing at a few pages I knew this was a keeper. It is so wonderful to read material like yours that is filled with so much protein and not just filler.

“I trust your advice - it is so believable.”

Give Wings to Your Dreams About the Author

Lauren Sullivan is an expert in women's midlife transformation. As the founder of Inspired Life Design, a professional life, relationship and career coaching service, she leads "Life Choice Retreats" in Santa Barbara, California.

Lauren specializes in working with Baby Boomer women who are in midlife crisis and are experiencing frustration, stress and burnout, feeling unhappiness and disappointment with their overall quality of life, or who are searching for a sense of direction and purpose. Lauren guides them to rediscover their inner strength, conquer their fears and limiting beliefs, and ultimately move forward to implement a compelling new vision and life plan.

Lauren understands firsthand what women in midlife crisis experience. Life as she had known it shattered when she was at the pinnacle of her fifteen-year Silicon Valley career. That's when her now ex-husband's crystal meth addiction turned her life into a made-for-TV drama.

Culminating in a heart-stopping episode in which a SWAT team descended upon her rifle-wielding spouse, she hit rock bottom. She succumbed to extreme burnout, chronic fatigue and stress-related illness brought on by years of self-neglect while juggling the intense demands of dealing with her ex-husband's addiction, trying to maintain her fast-lane management career and raising her two young sons alone.

From a place of exhaustion and despair, Lauren embarked on a healing journey that led her to new beginnings and a passionate sense of purpose as a Professional Life Coach. Receiving her formal training at the Academy for Coach Training in Bellevue, Washington, she is certified through the International Coach Federation, and has served as a Premier Success Coach for the international eWomenNetwork.

During her Silicon Valley days, Lauren held the positions of Worldwide Marketing Manager for a division of Hewlett-Packard, North American Marketing Manager for a division of Sun Microsystems and worked as an independent marketing consultant for Cisco Systems.

In 2003, Lauren received an "Excellence in Writing" award for non-fiction from the prestigious Santa Barbara Writers Conference. She is the author of *Give Wings to Your Dreams: Reawaken Your Joy and Passion for Life* and its companion workbook, the *Give Wings to Your Dreams: Personal Journal and Activity Guide*. She publishes a bi-monthly e-newsletter, available via opt-in subscription on her website at www.InspiredLifeDesign.com.

Lauren has been interviewed on over a dozen major market TV shows and over 50 radio programs throughout the US and Canada. She is an engaging, vivacious, inspiring and informative media guest and motivational speaker.

By openly sharing her story, her wisdom, and the tools contained within her Seven Stepping Stone journey, Lauren makes a profound difference in the lives of women who are experiencing midlife pain and turmoil. She shares from her heart, reaching out and touching women who feel lost and confused or stuck in a joyless life, and encourages them to spread their wings and fly!