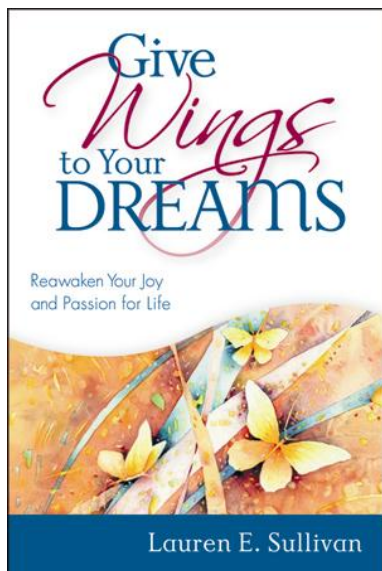


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Give Wings to Your  
Dreams:  
Reawaken Your Joy and  
Passion for Life

By Lauren E. Sullivan



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## Featured Speakers:

**Dotsie Bregel**

Founder of the National Association of Baby Boomer Women  
Topic: *"Boomer Women: Finding Joy in Midlife"*

**Peggy McColl**

Author of *Your Destiny Switch: Master Your Key Emotions, and Attract the Life of Your Dreams*  
Topic: *"Turning Fear into Faith"*

**Carol McClelland**

Author of *Your Dream Career for Dummies*  
Founder of GreenCareerCentral.com  
Topic: *"Bringing Passion and Purpose to Your Career"*

**Kara Oh**

Author of *Men Made Easy*  
Co-Founder of DatingSuccessTechnology.com  
Topic: *"Singles: Let the Real You Shine Through"*

**Drs. Charles & Elizabeth Schmitz**

Authors of *Golden Anniversaries: The Seven Secrets of Successful Marriage*  
Topic: *"The Marriage Doctors Talk About - The Secrets of Successful Marriage"*

**Judith Sherven and Jim Sniechowski**

Authors of *Opening to Love 365 Days a Year*  
Creators of the *Smart Dating for Success Every Time Program*  
Topic: *"It's Never Too Late to Be Smart About Dating"*

*More....*

**Tricia Greaves**

Founder of Be Totally Free!

a non-profit for overcoming all addictions

Topic: *“De-Stress, Eat Less! 7 Simple Strategies for Ending Emotional Eating”*

**Sandy Grason**

Author of *Journalution: Journaling to Awaken Your Inner Voice, Heal Your Life, and Manifest Your Dreams*

Topic: *“Be the \*Rock Star\* of Your Life”*

**Jacquelyn Aldana**

Author of *The 15-Minute Miracle Revealed*

Topic: *“How to Become an Irresistible Magnet for Love, Money & Miracles”*

**Jenifer Madson**

Author of *A Financial Minute*

Topic: *“Let'sTalk Money: Coaching Yourself to Financial Success”*

**Carolyn B. Ellis**

Author of *The 7 Pitfalls of Single Parenting: What to Avoid to Help Your Children Thrive After Divorce*

Topic: *“Thrive after Divorce: Turning Adversity into Opportunity”*

**Bill Losey, CFP<sup>®</sup>, CSA**

Author of *Retire in a Weekend*

Topic: *“The 10 Biggest Mistakes People Make When Retiring & How YOU Can Avoid Them”*

**Dr. Cindy Brown**

Author of *The Cinderella System*

President, Behavior Relationship Institute, Inc.

Topic: *“Make Love, Not War: Healthy Communication Secrets for Your Love Relationships”*

**Lisa Crisalle, CFNS**

Co-founder, Exercise & Nutrition Works, Inc.

Topic: *“Mind, Body & Nutrition – The Three Key Elements to Achieve Your Lifestyle Transformation – No Matter What Your Age!”*

**Barbara Friesner**

Author of *How to Be Your Own Generational Coach*

Founder of AgeWiseLiving.com

Topic: *“Resolve Your Eldercare Issues by Choice, Not Crisis”*

**Natalie Caine**

Founder of EmptyNestSupport.com

Topic: *“The Joys and Challenges of Empty Nest, and How to Have a Healthy Relationship with Your Adult Children”*

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**[Click Here to Buy Now!](#)**

**Already have the book? Buy one as a gift for your mother, sister, girlfriend, co-worker, or any woman you know who is struggling to find inner peace and happiness in midlife.**

### **More about *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 midlife, to me it was magical. Don’t miss it. I highly recommend *Give Wings to Your Dreams*.**

### **Not Sure if *Give Wings to Your Dreams* is For You?**

**Are you feeling like your life is stuck in a joyless or lackluster holding pattern? Are you faced with a seemingly endless treadmill of challenges or dramas that drain you? Have you forgotten what it’s like to feel excited about your work and life?**

**If this is not you, I’ll bet there is at least one woman in your life that you deeply care about who fits this description perfectly and needs some help to get unstuck.**

**If you, or someone you know, are feeling stress, burnout, boredom or blues about the state of your life, my book will help you break through the abyss and get on the path to creating an inspired life of your own design!**

*More....*

## I've Been There Too!

I've been in that abyss of extreme stress, burnout and lethargy. Eight years ago, I was a crumpled mess of fear and despair, derailed by the fallout from my ex-husband's crystal meth addiction.

He didn't mean any harm, but in a drug-crazed moment of insanity, he decided to conduct a 21-gun salute with live ammunition from the roof deck of his San Francisco home. It was a trauma that placed me in the middle of a dramatic SWAT team capture.

It was a moment that changed my life and the lives of my two sons forever.

I had a successful career as a Silicon Valley marketing executive when the stress of my job and the stress of my life collided to knock the wind out of me. I succumbed to exhaustion and had to stop the world and get off. It forced me to rethink my life.

## There is Light at the End of the Tunnel

At first, I couldn't see the light at the end of the tunnel. I could only see that my life was filled with disappointment and despair. As I embarked on a healing journey, it turned out to be a great gift, and I discovered a series of Seven Stepping Stones that transformed my life. These stepping stones, and how you can use them to transform your life, are outlined in my book, *Give Wings to Your Dreams*.

In my book, I'll take you by the hand and gently guide you on a journey to a place where you feel your joy and passion for life has reawakened and you'll be energized to take action to carry out a newfound vision and purpose.

It has become my passion and my greatest joy to share these profound insights with women who are seeking a better quality of life. Today, I am a work/life choices coach and retreat facilitator in Santa Barbara, California, helping women find the direction in life that will make their hearts sing.

**If you have the desire, I have the keys to create a better life.**

**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.”*

*More...*

>>[Yes, I'm ready to Give Wings to My Dreams!](#)<<

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## In Give Wings to Your Dreams, you will discover:

- What to do when you feel just too tired to make the effort to change your life and why slowing down will actually get you where you want to go faster.
- How to reconnect with the joyful parts of you that have been locked away and give yourself permission to nurture your needs, to play and have more fun.
- Ways to quiet your inner naysayer, to uncover your negative and limiting beliefs, and open your mind to new possibilities.
- The secret to experiencing more joy in your life even when your circumstances have not changed and your dreams seem far away.
- How to clear away the cobwebs and empower yourself with a clear and energizing vision of the future you seek to create.
- Why New Year's Resolutions don't work and how to create a plan from the heart that propels you forward with joy and enthusiasm to fulfill your dreams.
- What to do when life throws you curve balls and how to stay on track in spite of obstacles, doubters and saboteurs.

## You Don't Have to Settle for a Lackluster Life!

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."

>>[Yes, I'm ready to take on the adventure](#)<<

[Click Here to Buy Now!](#)

## What readers say about *Give Wings to Your Dreams*:

“I just started your book and within the first 2 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. 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 think you wrote this book for me. I was so amazed that you were able to depict me on every page! I trust your advice - it is so believable.”

“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!”

### Praise for *Give Wings to Your Dreams* from other authors and experts:

**Winner** of *The National Best Books 2007 Awards* in the category of Women’s Issues

**Finalist** in the *ForeWord Magazine 2007 Book of the Year Awards* for Women’s Issues

“An emotionally uplifting and energizing self-help book.”  
-Susan Bethany, Midwest Book Review

“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.”

-Sandy Grason, Author of *Journalution: Journaling to Awaken Your Inner Voice, Heal Your Life and Manifest Your Dreams*

“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!”

-Daphne Rose Kingma,  
Author of *Finding True Love* and *Loving Yourself*

“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*

*More....*

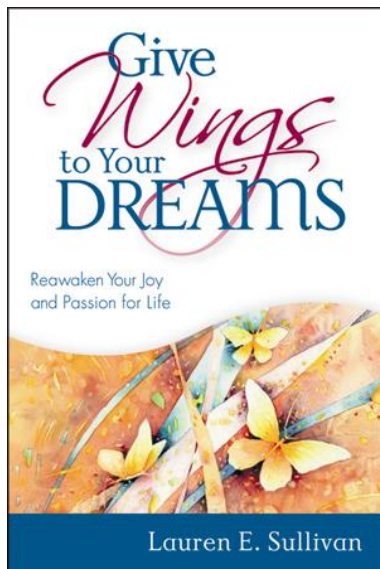
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**Give Wings to Your  
Dreams:  
Reawaken Your Joy and  
Passion for Life**

**By Lauren E. Sullivan**



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