

Sample Ebook

TABLE OF CONTENTS

INTRO

DESCRIPTION OF STRUCTURE

- Podcasts
- Articles
- Motivational quotes
- Family stories
- Resources, list of contact info

Chapter 1 - Taking care of yourself first!

Great advice but it's unrealistic, right? There's no time; you have too many responsibilities. You put your kids first in everything you do so you're lucky if you walk out of the house fully clothed most days. Intellectually, you know you are supposed to take care of yourself but you're doing okay. Right? Right?

Maybe not. Consider this simple analogy. Part of the pre-flight instructions on airplane trips includes information about oxygen masks. When you first heard a flight attendant tell you to put your oxygen mask on before putting on your children's masks, didn't you question or even dismiss it? It seems so counterintuitive.

However, in that instance and so many others in life, it's absolutely the right thing to do.

Why? **You can't help anyone else if you have nothing left to give.**

Meet Dr. D! – Life Adjustment Coaching

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Maecenas porttitor congue massa. Fusce posuere, magna sed pulvinar ultricies, purus lectus malesuada libero, sit amet commodo magna eros quis urna.

Nunc viverra imperdiet enim. Fusce est. Vivamus a tellus.

Pellentesque habitant morbi tristique senectus et netus et malesuada fames ac turpis egestas. Proin pharetra nonummy pede. Mauris et orci.

Aenean nec lorem. In porttitor. Donec laoreet nonummy augue.

Suspendisse dui purus, scelerisque at, vulputate vitae, pretium mattis, nunc. Mauris eget neque at sem venenatis eleifend. Ut nonummy.

What are the advantages of hiring a coach?

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Maecenas porttitor congue massa. Fusce posuere, magna sed pulvinar ultricies, purus lectus malesuada libero, sit amet commodo magna eros quis urna.

Nunc viverra imperdiet enim. Fusce est. Vivamus a tellus.

What are some of the most frequent challenges small business owners face?

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Maecenas porttitor congue massa. Fusce posuere, magna sed pulvinar ultricies, purus lectus malesuada libero, sit amet commodo magna eros quis urna.

How can people reach you?

Phone:

Websites:

Books: