



Life Well Spoken: Free Your Inner Voice and Prosper

Kris Prochaska MA

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If you've been confused or frustrated with how to change your mindset and secretly wondered, "Why haven't I gotten past this ___ yet?" or "Why do others seem to get it, when I don't?" then Life Well Spoken will help you understand—and transform—your mindset in a powerful way. If you feel called to lead, but you also feel overwhelmed by the responsibility that leadership brings, you'll find relief, solace, and companionship within these pages. Leading others begins with leading yourself, and frankly, sometimes that is not as easy as it sounds—until you know how. Learning to trust one's inner authority, stop second-guessing oneself, and not taking things personally are all hallmarks of a powerful leader. Through real-life stories, examples, and questions to free your Inner Voice, Life Well Spoken takes you behind the velvet curtain and into the lives and hearts of women who have been led by their Inner Voices and found that their lives and businesses have never been the same.

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