

INTERNATIONAL PRESS RELEASE

BREAKING FREE OVERCOMING SELF- SABOTAGE



Written by contributing authors from Jamaica, Canada, France, Italy, Mexico, Brazil, China, India, the U.K., and the United States, this book is a must-read for women internationally who seek new strategies for breaking free from limitations and embracing a new life filled with confidence and higher self-esteem.

Chapters include dealing with health, wellness, finances, chaos, negative self-talk, overcoming fear and setting boundaries. The authors share powerful steps to help you overcome your personal and professional barriers and help you break free from old habits and step into a 'new you'.

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