

RedeFIND SiNGLE 40+: How to Springboard to a New Life by Redefining & Rediscovering Who You Really

Are

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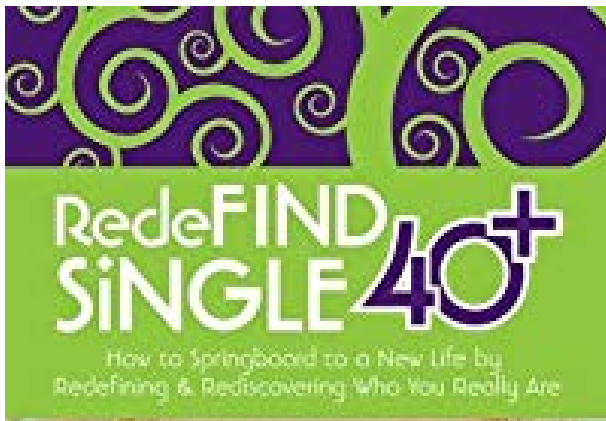
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"Catherine Garrett knows what it's like to be over forty and single after a long relationship. Unhappy in her marriage and her career, she did what many women are terrified to do: she let it all go. As a life coach, Catherine shares processes, meditations and stories that encourage single women over forty to release fears, challenge beliefs and limiting life definitions, expose true desires and passions, and use past relationships as springboards to create an exciting future. At one time in your life, you were an individual who had dreams and desires. Have you put your passions at the bottom of your own list of priorities and feel lost in your newfound singleness? Through insight gained on her own journey of self-discovery and empowerment, Catherine inspires women to: • EMBRACE being single • CONVERT fear into excitement • REMEMBER who they really are • UNPLUG from limitation • DISCOVER life's hidden gems • FOCUS in a new direction RedeFIND SiNGLE 40+ offers time-tested, motivating advice inviting women to summon their extraordinary feminine powers, embrace their independence, and learn how to live a passionate life."