



Becoming a Mother on Fire: A Guide to Being a Mom Without Losing Yourself

Lisa Garber

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This life-changing guide for moms by international Life Coach Lisa Garber offers you 6-steps to reconnect with who you were before you had children. Designed as a practical, action based program each step challenges you to look within yourself to regain your balance, direction and joy. The book is filled with personal stories of how Lisa coached her clients to become more passionate and engaged in their own lives, while still supporting their children to do the same. Touted by celebrity moms like actress and producer Jennifer Garner, and award-winning singer and songwriter Amy Sky, Lisa's book appeals to every mother who sometimes feels like she has lost herself in her children's lives. The book includes links to relevant and additional resources on her Mothers on Fire coaching website www.mothersonfire.com. Becoming a Mother on Fire: A Guide to Being a Mom Without Losing Yourself is an inspired and no-nonsense program that gives you the permission and guidance moms need to uplift your life. About the Author: Lisa Garber M.Ed., has been coaching women's groups for over ten years and is a passionate advocate for mothers living their full potential. Lisa is a Certified Professional Co-active Coach, a psychotherapist and an author of transformational books and programs. She has been one of Canada's premier coaches since 1997. From the Back Cover: A personal coach for mothers! I loved it. What a great idea. Garber really explains the pulls and demands we feel as moms. This book is all about fulfilling your own potential while supporting your children to do the same. Moms need this book! - Jennifer Garner, actress, producer, mother of 2, Los Angeles

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