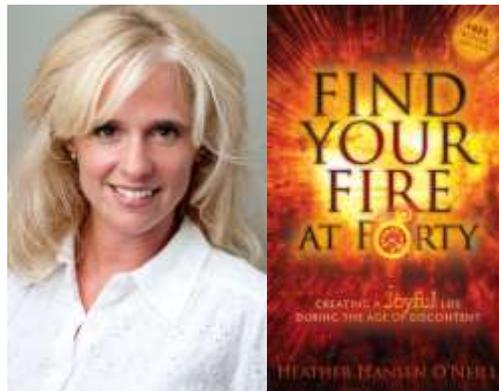


PRESS RELEASE
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For Immediate Release
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PRESS RELEASE

Author & Motivational Speaker Heather Hansen O'Neill Tells Readers How to Create the Life of Their Dreams



“Find Your Fire At Forty: Creating a Joyful Life During the Age of Discontent” Offers Insights & Lessons for Readers of All Ages

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“Find your Fire at Forty is compelling and insightful. Not only will you be inspired to take your life to the next level, you are given a 5 step action plan to accomplish it. It’s a must read!”

-- T. Harv Eker, Author of the #1 NY Times Bestseller “Secrets of the Millionaire Mind”

At a time when life’s challenges seem more daunting than ever – with escalating unemployment, a turbulent economy, and a widespread desire to find more fulfillment in life -- Heather Hansen O’Neill’s captivating and inspiring new book, ***“Find Your Fire at Forty: Creating a Joyful Life During the Age of Discontent”*** (Morgan James Publishing) could not arrive at a more desirable time. Part story/metaphor and part step-by-step strategy to support the reader in tapping into their inner resources, this unforgettable book is already making a difference in the lives of readers from coast to coast.

In the first part of O’Neill’s book, readers are sure to find themselves identifying with one of a number of characters searching for ways to overcome the obstacles to their dreams. We meet them as they share their stories with one another in an environment that’s familiar to every one of us – the local coffee shop. In the

second part of “Find Your Fire at Forty,” O’Neill shares her easy and effective formula for finding true fulfillment.

As Heather Hansen O’Neill will share in interviews, the formula can empower each one of us to achieve our dreams:

Freedom – enabling you to reclaim the control that is missing from your life

I am – discovering your authentic self, including your strengths and talents

Reaching Out – connecting with others through deeper and more supportive relationships is essential

Execute – after clearly defining your goals, it’s time to take action

FIVE – how to use your newfound passion, talent and skills to create the life you’ve always dreamed of

About Heather Hansen O’Neill

Heather Hansen O’Neill is the president of Progressive Image and creator of the “Fire in Five” program. She is an award winning speaker, author and coach presenting to organizations and corporations on transition, change, and joyful living.

For more information, visit <http://findyourfire.wordpress.com/>

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