



Get Out of That Rut! An Emotional Makeover for the Mid-Life Woman (Woman Alive Book 1)

Vicki Flaughter

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Are you having a mid-life crisis? Maybe you haven't ditched your husband, bought a Porsche, gotten a facelift, and are sporting a twenty something hottie for eye candy...or maybe you have. Every person's reaction to the years rolling by is different and you get to choose what yours looks like. Kudos if you're already riding high into the second half of a rocking life.

Unfortunately, though, some women find themselves enduring that very uncomfortable feeling that they are stuck - stuck in a rut. Life isn't satisfying, and you might even be discovering that it never really was. We tell ourselves a lot of things to get by. If that's more where you are at, read on!

If you know you need to change, you know you've been putting off some big decisions, and you know you are just about ready to face it, then YOU are who this mini book is written for.

You see, I've been there. Back in 1999, I ran screaming like a banshee away from corporate America, my 20 year marriage to a verbally abusive alcoholic, and my seemingly comfortable life.

My life may have seemed comfortable, but I was numb. I had to break out. I cannot explain where it came from, but there was a voice inside me urging me to do something else. That "something else" ended up being an exciting and challenging transformation. This story and workbook is a result of that process.

In this mini book, you'll get to explore your life, feelings, and behaviors. We'll uncover your secret thoughts – some you'll want to keep and others you might want to discard – and with the discovery exercises, you'll move closer to a more authentic you.

We're going to discuss body image, verbal abuse, self-acceptance, and more. We will touch on your sexuality, your role in society, your childhood, and your negative self talk (who doesn't do that, right?). The goal is to assure you that you are not alone and you have the power of choice to live a wonderful life. A life designed by you, for you, full of love and fun.

If you're in a rut, get out of it. It's that simple. Simple, maybe, but not always that easy. Hopefully, you can find some inspiration and comfort here. I know what lies ahead is glorious – ready to play? Ready, set, GO!

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