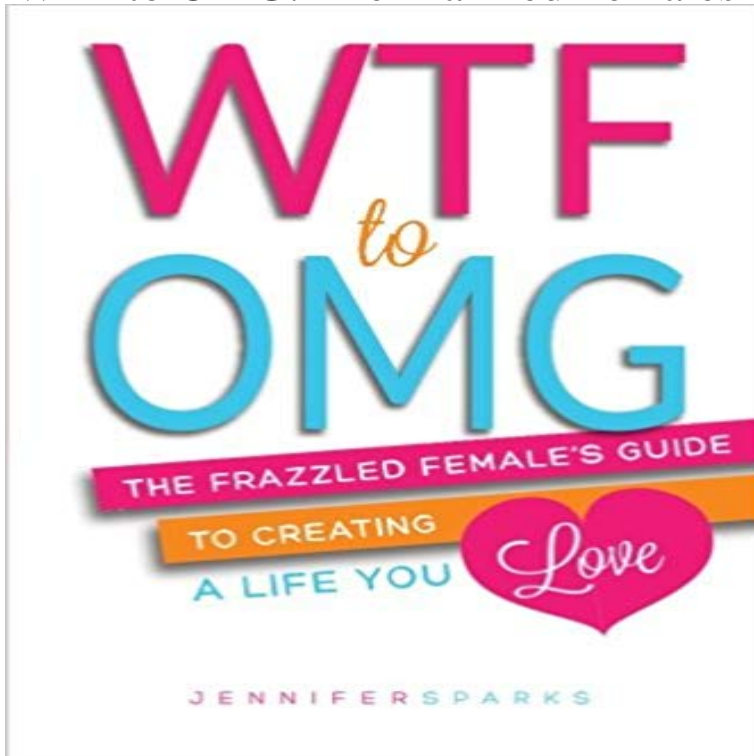


# WTF to OMG: The Frazzled Females Guide to Creating a Life You Love



WTF to OMG: The Frazzled Females Guide to Creating a Life You Love is designed to get you personally connected to understanding WHY mindsets can make or break your spirit and how to use them to overhaul your life and your life's purpose. Liberally sprinkled with hilarious and moving real-life stories that demonstrate the power of a mindset shift, WTF to OMG is the perfect guide for getting unstuck, discovering your life purpose, and creating a life you love. WTF to OMG offers strategies you can apply quickly to become fully aware of what you need to do to create your dream life. Jennifer's approach is gentle but her message is clear: Your job is to dream big, accept responsibility, and get moving! \*\*This book comes with a FREE downloadable Companion Journal so that you have a place to work through the actionable items in the book and make change to your life right NOW! (Details in the book). Who Should Read WTF to OMG? Every Woman. I believe that when people discover their authentic self & purpose, life becomes effortless and amazing. I believe that by being true to one's desires, you can absolutely-no-doubt-about-it create a life you love. So, if you: -struggle with understanding your purpose -feel overwhelmed and have no idea where to begin -feel hopeless about where you are in your life right now -are at a point in your life where change is inevitable and you hear your inside voice screaming, WTF? You, girlfriend, are in the right place. Grab my book and come along with me as I take you on a journey from WTF to OMG with stories, examples, strategies, and a few loving SWIFTKICKS to the backside. WTF to OMG: The Frazzled Females Guide to Creating a Life You Love is designed to get you personally connected to understanding WHY mindsets can make or break a person's spirit and overhaul their entire life. Real life examples demonstrate

the power of a mindset shift and each chapter ends with gentle nudge towards the creation of an OMG Life.

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