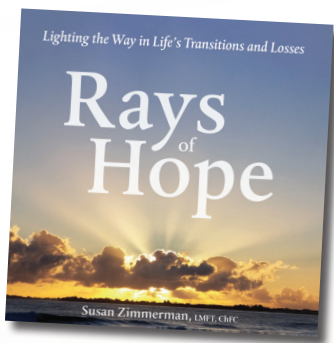


# Have stormy times made you feel seasick?

## *How to stop the crashing waves and regain sound footing!*

### Story Ideas

1. **During these stormy times, has grief got a grip on you?** How to get a GRIP on growth even in tough transitions. Three potent prompts for finding your way and discover new HOPE to guide your grief journey.
2. **What's the secret to putting the sparkle back in your sapped spirit?** Use the three GEM steps to generate empowered movement. Rediscover your strengths and gain fresh optimism!
3. **How to become a luminous listener lightning fast?** Be an ACE communicator when you liberate your listening habits. Easily master three simple habits to improve your relationships – even with yourself!
4. **Did you know that poetry lights up your brain?** You don't need an MRI to notice a healthy mood booster! Five keys to rhymes and rhythms that brighten your brain for brilliant problem solving.
5. **All aboard the brain train!** How to train your brain to tame your stress. You can HIRE your higher self with four quick tips from neuroscience. Regain your calm and boost your confidence when you need it most!
6. **Are you fumbling through a tough transition?** Be your own MVP in the game of life. The Five Most Valuable Prompts revealed to help you score new goals and win back your energy and motivation.



**Susan K. Zimmerman**  
LMFT, ChFC

#### *Author and Therapeutic Coach*

Susan Zimmerman is a licensed marriage and family therapist and chartered financial consultant who has been helping people navigate life transitions for more than thirty years. In her psychology studies, she specialized in grief, loss, and trauma.

Susan has been called the “Queen of Acronyms” as the creator of hundreds of therapeutic acronyms that provide memorable tips to live by, especially during challenging changes. She is the author of six books, the most recent is *Rays of Hope: Lighting the Way in Life's Transitions and Losses*.

Susan's been featured on TV and radio, and in multiple publications, including *Forbes*, *Woman's World*, *The Wall Street Journal*, *The Washington Post*, *Money*, *Chicago Tribune*, and *Psychology Today*.

### What's being said about Susan's books and programs?

**“...gift it to yourself or anyone who is suffering through a transition, or feeling stuck or lost, which fits everyone today, given what's going on in the world.”**

~ Jack Canfield, coauthor of the #1 *New York Times*-bestselling *Chicken Soup for the Soul*® series and *The Success Principles*™

**“...honest yet comforting, providing the wisdom to help transcend life's most difficult challenges. Highly recommended!”**

~ David McNally, bestselling author of *Even Eagles Need a Push*

**“Susan's presentations are clear, entertaining, and insightful and what she has to say may change your life.”**

~ Rick Kahler, CFP, co-author, *The Financial Wisdom of Ebenezer Scrooge* and *Conscious Finance*