

YOUR ATTENTION PLEASE

Set sail into the life of your dreams!

Have you ever asked yourself “Am I living my dreams on a daily basis? Have I fulfilled my dreams and desires? Is my life authentic? Am I energized by my current life circumstances?”

Karen Mehringer, life coach, founder of Creative Transformations, and author of the book [*Sail into Your Dreams: 8 Steps to Living a More Purposeful Life*](#), felt she was answering these questions in the negative far too often. So she made a change. She left a successful career and literally set sail to travel thousands of miles of open sea in a journey of self-reinvention. Karen and her husband signed up to crew on a forty-six-foot sail boat for a six month voyage from Fiji to Singapore, visiting Vanuatu, Australia, and Indonesia along the way. She discovered a lot about the life she truly wanted to be living and how to make it happen.

Karen shares these experiences and insights in her book, *Sail into Your Dreams: 8 Steps to Living a More Purposeful Life*, as well as through holistic healing sessions with her clients at Creative Transformations. Your listeners will gain inspiration and practical advice on how to alter the course of their lives and start steering toward their dreams from this amazing, personable woman. Karen has over ten years of experience in the personal development field including a master’s degree in marriage and family therapy from the University of San Diego, California (2001), with special training in energy transformation.

Please consider inviting Karen to talk with you and your listeners. Be ready to break free, feel the wind in your face, and experience greater love, abundance, and joy in living your life the way you’ve always dreamed you could.

For more information about Karen Mehringer and *Sail into Your Dreams: 8 Steps to Living a More Purposeful Life*, visit her online at www.liveapurposefullife.com.

Praise for *Sail into Your Dreams: 8 Steps to Living a More Purposeful Life*

“Fascinating!...[T]he adventure of the sea interwoven with brilliant information about sailing into your own dreams and bringing them to life...our navigator for living our own lives with integrity, simplicity, and joy.”—Hal Zina Bennett, author of *Write from the Heart*

“Immerse yourself in this delightful weave of stories and practical steps to emerge refreshed and on purpose. Don’t wait, up-anchor and embark on an unforgettable voyage.”—Diana Guerrero, author of *Blessing of the Animals*

Sail into Your Dreams: 8 Steps to Living a More Purposeful Life (ISBN 978-0-7387-1053-2, US \$13.95, CAN \$15.50) is available at local bookstores and online from Amazon.com and Llewellyn Worldwide (www.llewellyn.com), the oldest and leading publisher of New Age books for the transformation of mind, body, and spirit.

To schedule an interview with Karen Mehringer, please contact:

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Thank you very much for your time and consideration.