



Beyond Soccer Mom: Strategies for a Fabulous Balanced Life

Leonaura Rhodes

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Packed with interactive exercises to help you explore your life and your mindset, "Beyond Soccer Mom" is a powerful tool for change. Dr Rhodes draws upon her experience life coach, physician neuroscience expert and once stressed, depressed mom, brings you stories, to illustrate how Beyond Soccer Mom can transform the lives of real moms, just like you. Whether you are a stay-at home mom, wanting more peace and contentment, a mom considering a significant transition or a working mom, wanting to feel more balanced, Beyond Soccer Mom is all you need to start creating your ideal life today. "I am here to tell you that your dreams can become a reality. What stands between you and your dreams is often just the simple process of creating a personalized road map for your life—and following it." –Dr Leonaura Rhodes, Beyond Soccer Mom. "Beyond Soccer Mom" is not only an entertaining read, but a resourceful workbook to simply and efficiently guide any mother that needs a lift to live the life of her dreams!" –Judy Goss, CEO Over 40 Females.



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