

New Book!

# Conscious Choices

## 10 Powerful Strategies to Grab Control and Transform Your Life

Choices define who you are and who you will become. So consciously choose to align your decisions with what matters most to you and you will likely attain the life you desire. We can't change the circumstances of a situation; however, we can change our reaction to it. So grab control of



"Tracy truly understands how choices, whether positive or negative, impact your life. She is living proof of how it can be done! Her stories inspired me in my life to make several changes and they are sure to do the same for you."  
~ Mary McNevin,  
McCain Foods

your thoughts, because what you focus on becomes your reality. Below are the chapters included in this amazing book, which will help you to transform your life through the choices you make. You will be engaged with numerous actionable strategies, captivating stories, and innovative ideas, designed to help you create the life you want to live.

1. Change your reaction when unforeseen circumstances happen
2. Make enhanced decisions using a defined five-step process
3. Achieve greater success through self-discipline and delaying gratification
4. Live a more balanced, healthier and fulfilling life by choosing to simplify
5. Increase your happiness through cultivating an attitude of gratitude
6. Influence your outcomes by altering your thoughts
7. Challenge yourself to change your life
8. Surround yourself with an optimistic and supportive network
9. Overcome obstacles by learning from and *appreciating* set-backs
10. Realize that choices define who you are and who you become

To order a copy of this **NEW BOOK** for \$16.95, simply go to  
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