



Traveling Hopefully: How to Lose Your Family Baggage and Jumpstart Your Life

Libby Gill

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"This book is for real, because Libby is for real..."

- Dr. Phil McGraw in his foreword to *Traveling Hopefully*

Are you living a life based on who you really are or one built on outdated messages from your past? Is your past negatively influencing your present and potentially derailing your future? What if you could shift your perspective from limiting to liberating?

Now you can learn to let go of your baggage and create a life of passion and purpose. Success strategist and executive coach Libby Gill is your partner in life change as she shares her inspiring story and guides readers step-by-step through the journey of self-transformation.

With courage and candor, Libby poignantly discloses how she struggled with a family legacy which included divorce, mental illness and molestation, robbing her of her best possible life until she learned to dissect the past so she could direct the future. With a transformative process she calls the Five Steps to Jumpstart Your Life, Libby provides practical tools and down-to-earth insights that translate abstract concepts into concrete action.

The 21 Hopeful Tools are easy-to-follow exercises that take readers through this process, showing them how to:

- *dissect the past to direct the future
- *link internal clarity with external action
- *create a Traveling Hopefully personal roadmap
- *recruit a Support Squad to provide information and inspiration
- *keep moving toward what you want and away from what no longer serves you

Filled with tips and tactics, personal accounts, and client success stories, *Traveling Hopefully* shows readers how to create big-picture visions and turn them into bottom-line action so they can lose their baggage and live the life of their dreams.

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