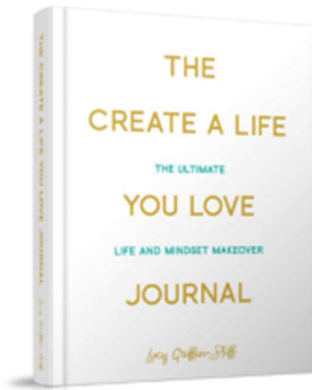


## The Create a Life you Love Journal® - The Ultimate Life and Mindset Makeover



by Lucy Griffin-Stiff

**Released 27<sup>th</sup> July 2021**

Hardback Deluxe Limited Edition Journal £25 available from [www.lucygriffinstiff.com](http://www.lucygriffinstiff.com)

Paperback available from Amazon £14.99

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### Are you ready to start feeling enough?

If you've had enough of not feeling enough – be it good enough, clever enough, thin enough, successful, brave, rich, popular, assertive, talented, confident ENOUGH – this is the journal for you.

Michelle Obama's daily mantra is "Am I good enough? Yes I am" as she sent a highly supportive message to Simone Biles.

Even the most apparently successful people struggle with 'Enoughness'.

In this unique hybrid self-help book, Lucy Griffin-Stiff, the self-proclaimed global messenger of Enoughness, encourages women in and around their forties to take "Half-Time" from the game of life to stop, reflect and reset.

Many people don't realise that the brain programming and conditioning from the first half of life is still controlling them today, and if we set ourselves free from it our lives and the lives of those we love, could be significantly different, thus Improving mental health, well-being and life satisfaction.

Being part book, part coaching exercises and part journal, it has been described as "a coaching course in a book". You write in the book and "do the work" along the way. This is what makes it different what makes it work for the reader.

Believing "I am not enough" is of epidemic proportions and the main cause of self-sabotage keeping women stuck and playing small. This book helps you challenge your thinking, discover who you truly are, helps you get out your own way (leaving behind limiting beliefs) and shows you how to create a life you love from the inside, out.

## BOOK RELEASE

The wider purpose of the book is to help women take control of their life and mindset so they can live fulfilled lives, and in-turn, pass on what they learn so we can stop the pattern of recycling old conditioning to the next generation. Lucy says "*People need to be in a better state of mind to make our world and THE world a better place.*" This book is the beginning of that journey of change. **For further information or to review copies please contact [Lucy@leadingconversations.co.uk](mailto:Lucy@leadingconversations.co.uk)**

### **Reader review:**

"Lucy has blown the half-time whistle and given us the best second half pep talk we'll ever need. Now get back on the pitch and score the goal of your life! Created with heart, this is a beautiful experience of exploration. You'll feel like your best friend is gently helping you work through your muddled mind. This will be your go-to journal whenever you need to unravel your thoughts."

Eleanor Tweddell, author of *Why Losing Your Job Could Be The Best Thing That Ever Happened To You*.

### **About the author:**

Having ticked off all the traditional boxes on the "success list" but still reaching a mid-life crossroads Lucy did the mindset work to find her happiness and retrained from her corporate career. Lucy is on a mission to help women choose courage over conditioning to create a life they love. She's a certified mindset coach, NLP Coach Practitioner, Timeline Therapy Practitioner and Hypnotherapist. Lucy helps people move from feeling *not enough to Enough*. She hopes to create a ripple effect across the world as people change their minds and their lives.