

# *Taking the Stage*

**and Learning to  
LIKE Yourself**

**BY ALICIA ECONOMOS**

A life coach's personal story of unpacking emotional baggage and learning to take her place — and how you can too!

**Taking the Stage  
And Learning to LIKE Yourself  
By: Alicia Economos**

Today, more than ever, many women find themselves feeling stuck, disconnected and overwhelmed. Believing they're somehow not "good enough," they numb their pain by being busy, overeating, overworking or a variety of other unhealthy habits; they settle for being spectators of their lives rather than jumping into them. If this resonates with you, please know you're not alone; women are universally hard on themselves. The good news is that you can turn that around and actually learn to LIKE yourself.

With 25 years experience as a certified life coach, author Alicia Economos pulls that curtain back on her own life and reveals how she learned not to merely survive but to *thrive* - despite devastating circumstances. She shares the simple tools that have helped hundreds of other women to declutter their lives (emotionally, physically and spiritually) so they too, could live *wholeheartedly!*

If you are ready to stop being your own toughest critic and learn how to LIKE yourself, you can experience a true sense of peace, confidence and joy despite any circumstances. Alicia takes the guesswork out of developing happier, healthier and more satisfying relationships - with yourself, others and with God. This is an easy read packed with simple but highly effective steps that will help you to live your best life! Do yourself a favor and order a copy today.

# **Taking the Stage - and Learning to LIKE Yourself**

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**M**y life was like a staged production and it looked good to those viewing from their seats. However, behind the scenes it was a different story. It took nearly four decades but I learned to declutter my emotional baggage and ultimately, to discover and embrace the role I'd been created for. Ironically, the role was taking the stage. (Who says God doesn't have a sense of humor?)

In my twentieth year of life coaching I felt it was time to pull back the curtain on my own story – the good, the bad and the ugly. In addition, I wanted to share the simple but powerful tools that have helped me and my clients to live wholeheartedly; loving God, themselves and others with ALL their heart. Now it's your turn to get rid of the emotional and spiritual stuff that's caused resistance to living your best life.



 **alicia  
economos**  
SPEAKER • AUTHOR • LIFE COACH

### What Others are Saying

I could not stop reading! In every story there was a piece that I connected with. Alicia shares her personal experiences in such a fully transparent manner that is very refreshing. Her stories help you to connect with your own experiences and to gain insight into how your relationships are impacting who you are today. Not only has this book transformed my own life, but I have used it in university classes, group counseling sessions, and other opportunities to help transform the lives of others as well. I have no doubt that her stories will be a catalyst for countless other women to discover who they really are. – *Tracy Keninger, Certified Counselor and a Drake University Adjunct Professor*

The wisdom Alicia shares in this book will be helpful to every woman. Her stories and insights are inspirational and provide practical strategies for various challenges in life. In addition, this book helps you to see that we are all on the journey to become wholehearted and we are not alone in our struggles. I highly recommend this book! – *Kimberly Stamatelos, Mediator & Attorney, Author of The Compassionate Attorney*

### Alicia is founder and director of Wholehearted Living and the author of the following books:

- Your Relationship with Yourself – Learning to love and like who you really are
- Your Relationship with Others – Learning to develop happier and healthier relationships
- Your Relationship with God – Learning to love God with all your heart

This series of books provides the curriculum for the Wholehearted Living program.



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