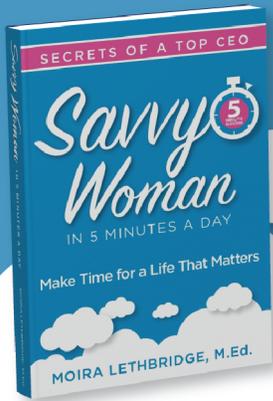


# Savvy Woman

## IN 5 MINUTES A DAY



## MOIRA LETHBRIDGE, M.ED.

Are you overwhelmed with too many responsibilities and not enough time for yourself? Do you feel perpetually behind, wondering how others manage life's demands? Do you want to take the time to balance health, well-being, and productivity, but don't know where to start? Moira Lethbridge's *Savvy Woman in 5 Minutes a Day* shows you how to achieve balance and inner peace.

As a former president and CEO, Moira realized it was time to stop allowing her negative thoughts and beliefs to overwhelm her. She found the way to put the light back in her eyes and created the life and business she loves. Now she teaches others how to find meaning and joy in work and in life. Through her clear writing and impactful stories, you can make long-lasting, powerful changes with only 5 minutes of daily practice. In this savvy book, you will:

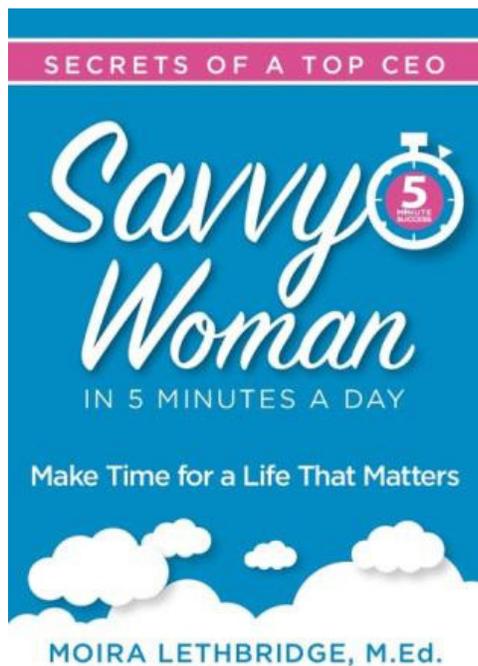
- Focus on what's important
- Overcome fear and fatigue
- Stop sacrificing your health and well-being
- Embrace your inherent worth and value
- Release thoughts, beliefs, and stories that hold you back
- Balance achievement with enjoyment
- Take control of your thinking



**If you're ready to be present and happy, then this book is for you.**

**To Get Started One-on-One** Contact me at [Moira@moiralethbridge.com](mailto:Moira@moiralethbridge.com) for a free 30-minute consultation or visit [www.moiralethbridge.com](http://www.moiralethbridge.com)

# HOW SAVVY WOMAN IN 5 MINUTES A DAY INCREASES YOUR HAPPINESS AND PEACE OF MIND



**PERFECT** for women who are serious about gaining clarity and direction on how to improve your health, well-being, and productivity.

If you are ready to.....

**Stop** abandoning yourself through over-working, over-functioning, neglecting self-maintenance, and not being present.....

**THEN THIS WORKSHOP IS FOR YOU!**

The first 20 women who register receive a copy of my book, **Savvy Woman in 5 Minutes a Day: Make Time for a Life That Matters**, **FREE!**  
*Space is limited.*

**SIGN UP HERE!**