

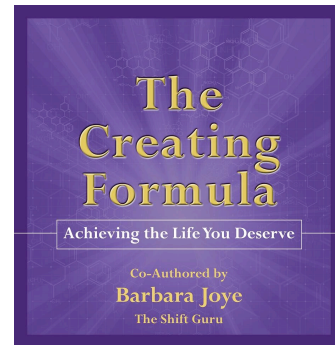
For immediate release

Shift Your Beliefs and Break the Glass Ceiling

DENVER – August 1, 2010 – Executive women are perfectly poised to ‘have it all’ – if only they’d get out of their own way, says Barbara Joye, executive life coach and author. “When executive women play by the old rules they are trapped by their old beliefs,” said Joye. “The rules have changed and will continue to change. Continuing with the old self-sabotaging beliefs results in women being left behind financially and psychologically,” said Joye, an executive business coach who has helped hundreds of women with her books, seminars, keynote speeches and coaching clients. “Executive women deserve to create and live the lives of their dreams. They can experience all the joys that come in business and in their personal lives.”

Executive women can overcome these self-sabotaging beliefs by following the 5-step method Joye shares in her book, “The Creating Formula”

1. You are here with an Agenda
2. You are more than Worthy and Capable
3. Align your Mental Ego with Your Dream
4. Engage in the Process of Attracting and Blending
5. You are The Bridge



“This book will assist executive women to reach their goals,” said Dr. Judith Briles, President of The Briles Group, Inc.

“Barbara Joye continues to bring new thinking and approaches to creating the lives we each dream about and wish we were living. Through her no nonsense approach, she creates a linear flow from what most consider a non-linear process,” Jen Dailey, Health care Consultant.

Barbara Joye is *The Shift Guru* and a motivation speaker, author and life coach. She challenges and encourages her audiences and clients to identify their limiting (self-sabotaging) beliefs and shift those beliefs to create the life they are intended to live. As a CPA with twenty-six years of experience as an executive within the relocation industry, Joye had the opportunity to interface with many executive women in the Fortune 50 and 500. Powerful personal experiences led her to become a certified hypnotherapist and Life Belief Coach. Joye coaches individuals in connecting to their higher wisdom so they can more fully understand their own life’s purpose.

The Creating Formula: Achieving The Life You Deserve

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