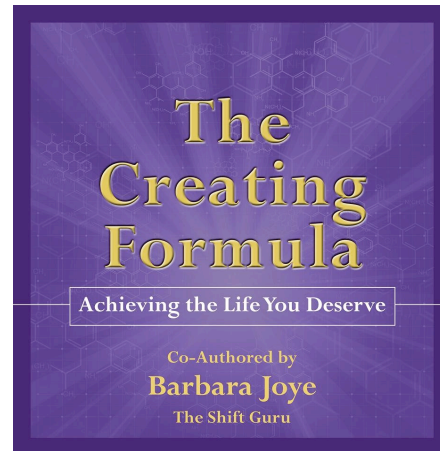


For immediate release

Embrace 'The Formula' and Create the Life You Desire

DENVER – August 1 2010 – During this time in history, humanity is perfectly poised to 'have it all' – if only they understand the formula for creating and the beliefs to hold to optimize that formula, says Barbara Joye, Spiritual Life Coach and author. "The rules have changed and will continue to change. Continuing with the old self-sabotaging beliefs results in living unfulfilling lives which do not accomplish the agendas we each came to live." said Joye. "Every individual is intended to live a life of creating and of dynamic experiences. Every individual deserve to live the life they came to create, the lives of their dreams. 'The Creating Formula' is the key to understanding and creating such a life."



A first step is to overcome self-sabotaging beliefs. This is accomplished 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 all individual in reaching their goals," said Dr. Judith Briles, President of The Briles Group, Inc.

"Barbara Joye brings her intuition to our conversations in a way that encourages my own wisdom and intuition to come forth. Her combination of practical, real-world knowledge and caring and spirit-led insight is invaluable."

~ Doren D, L. AC., DIPL. AC.

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 – the lives they desire and deserve. Joye's own spiritual journey has taken many years and traversed many paths. Through her own experiences she was lead to become a certified hypnotherapist and Belief Shift 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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