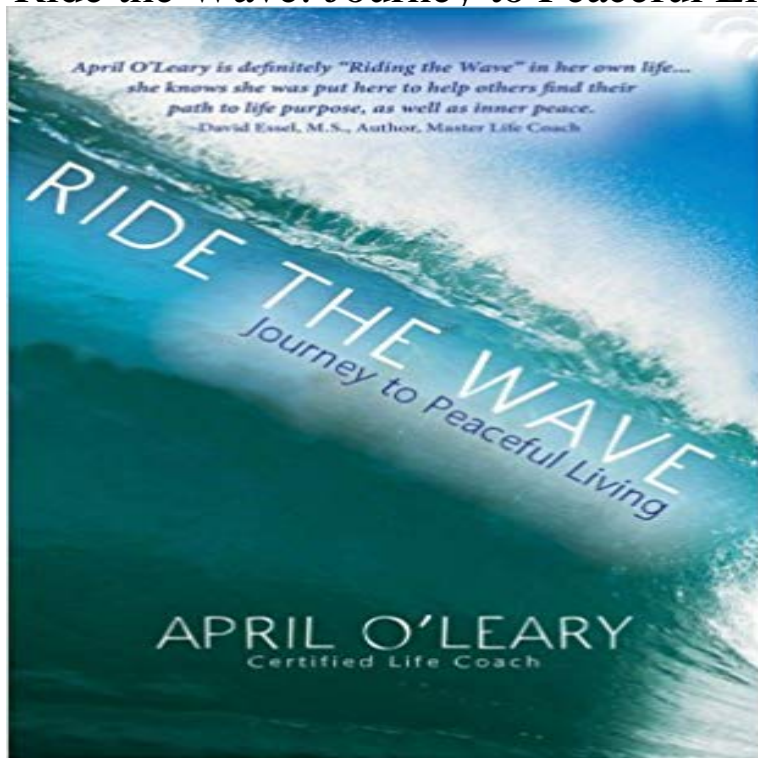


# Ride the Wave: Journey to Peaceful Living



If losing her father to cancer at age twenty-one wasn't enough, by twenty-nine April was married with three girls under the age of five. Normally happy and carefree, April found that she was drowning in consistent anger and frustration which was causing conflict all around her. She was able to break the cycle and is now sharing her simple journey to peace with you. Ride the Wave will take you on a journey to:

- ~ Create more harmony and happiness in your relationships.
- ~ Enjoy life more by releasing anger, resentment and frustration.
- ~ Identify your trigger moments and transform them into peace.
- ~ Be the calm and collected woman you have always wanted to be!

If you are ready to slow down and transform your world from the inside out, let's get started! As a Certified Life Coach, Speaker and Author, April O'Leary helps women bring peace into their busy lives. She also teaches a Tele-Course called Ride the Wave and offers one-on-one coaching sessions by phone or in office. April and her husband Jim reside in Estero, FL with their three girls. For more on April visit her website at [www.apriloleary.com](http://www.apriloleary.com).

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