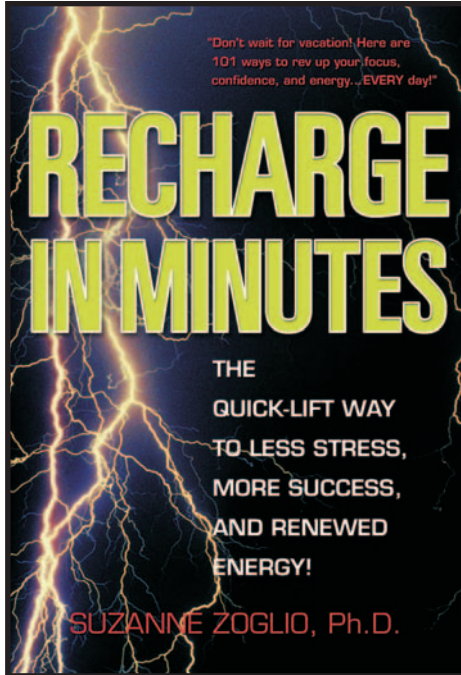


***“Suzanne Zoglio is a gifted lifestyle coach. Her innovative strategies and insightful tips will have you leaping out of your chair and into a new life in ten minutes flat.”***

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by **Suzanne Zoglio, Ph.D.**

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## Ever Feel Stressed, Tired, Or Uninspired?

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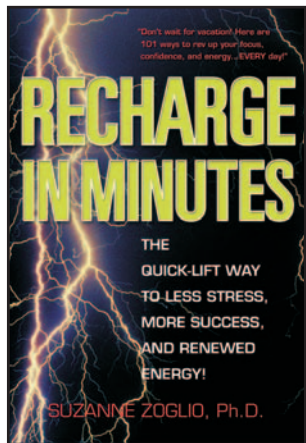
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- ❖ Learn from Your Heroes
- ❖ Make Room for Your Big Rocks
- ❖ Listen with Your Heart
- ❖ Play Hail to Your Hurdles
- ❖ Swim in the Deep End
- ❖ Talk to Yourself...Nicely
- ❖ Shake Your Bootie



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- Stephanie Marston, author of *If Not Now, When?* and *Chicken Soup for the Woman's Soul at Midlife*

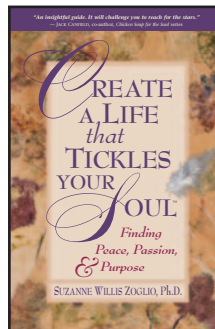
## ABOUT THE AUTHOR

**Suzanne Zoglio, Ph.D.** is a consultant and motivational speaker with over twenty years of experience in helping individuals and work groups release their potential. Her clients include Fortune 500 companies, industry associations, and individuals. In addition to *RECHARGE IN MINUTES*, she is the author of: *Create A Life That Tickles Your Soul*, *Teams at Work: 7 Keys to Success*, *Training Program for Teams at Work*, and *The Participative Leader*.

Dr. Sue has been published in over thirty business journals worldwide. She appears regularly on radio and television, and has been interviewed as a life-balance expert for such popular magazines as *Prevention*, *Cosmopolitan*, *Fitness*, *Natural Health*, *Marie-Claire*, and *First for Women*. She leads self-development seminars and is a national keynote speaker. Zoglio says, "We can't improve health, productivity, or a sense of well-being without emotional energy. It's like trying to win the Indy 500 without any gas...and millions of Americans are running on empty."

## Also by Suzanne Zoglio

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