

JULIE FAIRHURST

# THE POWER OF PENNING

20 COMPELLING REASONS YOUR  
STORY MATTERS





*"Your story is not just about you; it's a bridge that connects hearts, a light that illuminates paths, and a testament to the power of human connection."*

*Julie Fairhurst*



## *Introduction*

Welcome to "The Power of Penning: 20 Compelling Reasons Why Sharing Your Story Matters" by Julie Fairhurst. As someone who has experienced the transformative power of sharing personal stories, I believe this book holds the key to unlocking your own narrative potential.

Together, we're going to embark on a journey to understand why sharing our stories is not just important, but crucial. So, why should you share your story? Let's find out.

Think about it like this: each of us has a unique life story with ups, downs, twists, and turns. But sometimes, we don't realize just how much our story matters. We might think it's not a big deal or that nobody would care. But the truth is, your story is valuable, and it can make a difference in ways you might not even realize.

In this book, we'll explore twenty powerful reasons to share your story. From helping yourself feel better to inspiring others, there are many awesome reasons to share your experiences with the world.

So, get ready to discover why your story is worth telling.

Let's dive in and explore the incredible power of penning your own tale!



Autobiographical writing not only helps with self-exploration and emotional healing but also contributes to mental wellness and creates a lasting legacy of personal history.

Writing about your life can be highly beneficial for various aspects of your mental and physical well-being and a powerful tool for personal growth.

Here are twenty reasons, supported by research, to write about your life experiences:

### **1. Writing helps you understand**

When you sit down to write about your life, you're not just jotting down random events or memories. You're engaging in a process of self-reflection and introspection. This act of introspection is like shining a light into the depths of your own mind and heart, allowing you to gain insights and understanding that might not be immediately apparent in your day-to-day life.

As you put pen to paper (or fingers to keyboard), you start to unpack the events and experiences that have shaped you. You begin to see patterns emerge, connections form, and themes develop. Perhaps you start to notice recurring challenges you've faced or moments of triumph that have defined you. Maybe you uncover hidden motivations behind your actions or gain clarity on long-held beliefs.

Through this process, you begin to understand yourself better. You start to see yourself not just as a collection of random thoughts and actions but as a cohesive whole, with a story that's uniquely yours. This understanding can be incredibly empowering. It can help you make sense of past decisions, learn from mistakes, and identify areas for growth and improvement.

Moreover, writing about your life allows you to explore your emotions in a safe and structured way. You can express feelings that you might not feel comfortable sharing with others or even admitting to yourself.

By putting your emotions into words, you give them shape and form, making them easier to process and understand. This can be particularly therapeutic if you're dealing with complex or difficult emotions.

In essence, writing about your life is like holding up a mirror to your soul. It's a way of turning inward and asking yourself the important questions:

- Who am I?
- What do I value?
- What do I want out of life?

As you seek answers to these questions, you embark on a journey of self-discovery and self-awareness that can ultimately lead to greater happiness, fulfillment, and authenticity.

## **2. Promotes Emotional Healing**

Writing about your own life story can be like giving yourself a kind of therapy. It's a way of working through tough stuff you've been through, like bad experiences or really hard feelings.

Imagine you're writing in a journal about something that happened to you. Maybe it was something sad or scary. When you put those feelings into words, it's like taking them out of your head and putting them on paper. It can help you make sense of what happened and how it made you feel.



This process is like cleaning out a messy closet. You're sorting through all these emotions and memories, organizing them, and maybe even getting rid of some stuff you don't need anymore. And just like cleaning can make your room feel better, writing can make your mind feel better.

When you write about tough things you've been through, it's like you're facing them head-on. Instead of pushing them away or pretending they didn't happen, you're acknowledging them and giving yourself permission to feel whatever you feel about them.

This can be really healing because it helps you let go of some of that hurt or anger you've been carrying around. It's like lifting a weight off your shoulders. And when you're able to let go of those negative feelings, you can make room for more positive ones, like peace and happiness.

So, writing about your life story isn't just about remembering what happened. It's about working through those tough times and coming out stronger on the other side.

It's like giving yourself a big hug and saying, "Hey, it's going to be okay." And that's pretty powerful stuff.

### **3. Improves Memory**

Imagine your brain is like a big library full of books, and each book is a memory from your life. Sometimes, it's hard to remember everything in detail, like what you did on your last birthday or how you felt when you got a puppy.

But when you write about your life, it's like you're taking those memories out of the dusty shelves and giving them some attention. You're flipping through the pages and describing what happened in your own words. This helps you organize your memories and make sense of them.

Think of it like writing a story about your own life. You're the author, and you get to decide what details to include and how to tell the tale. By putting your memories into words, you're creating a roadmap that makes it easier to remember things later on.

Plus, when you write things down, you're giving your brain a little workout. You're exercising those memory muscles and keeping them strong.

Just like going for a run or lifting weights strengthens your body, writing can sharpen your memory.



So, try writing about it next time you want to remember something from your past. You might be surprised at how much easier it is to recall those memories when you've written them down.

It's like giving your brain a boost and unlocking all those forgotten moments hidden away in the depths of your mind.

#### **4. Safe Place to Express Emotions**

Think of writing about your life as having a cozy corner where you can share your feelings without worrying about judgment or criticism. It's like having a secret diary where you can pour out all your thoughts and emotions, even the ones you might not feel comfortable sharing with anyone else.

When you write about your feelings, it's like letting them out of a bottle. You're not keeping them bottled up inside anymore; you're giving them a chance to be heard and understood. This can be really freeing because it means you don't have to carry those heavy emotions around with you all the time.

Imagine you're feeling really sad or stressed about something. Instead of keeping it all inside and letting it weigh you down, you can write about it.

You can describe exactly how you're feeling, why you think you feel that way, and what you wish you could do about it. It's like shining a light on those dark feelings and giving them some space to breathe.

And you know what? Just the act of writing about your feelings can make you feel better. It's like letting out a big sigh of relief or taking a deep breath after holding it in for too long. It's a way of releasing all that pent-up tension and stress, leaving you feeling lighter and more at ease.

So, if you're feeling overwhelmed or bogged down by your emotions, try writing about them. You might be surprised at how much better you feel afterward. It's like giving yourself a little gift of peace and tranquility in the midst of life's chaos.

## **5. Builds Resilience**

Imagine you're writing a story about your life, and in that story, you talk about some tough times you've been through. Maybe it was a time when you felt really sad or scared or when things just didn't seem to be going your way.

When you write about those difficult moments, you're not just remembering them; you're also thinking about how you got through them.

You're remembering the times when you were strong, when you didn't give up even when things seemed really hard.

This is what we mean by resilience—it's like having a superpower that helps you bounce back from tough stuff. And when you write about your life, you're actually making that superpower even stronger.

Think of it like practicing for a big game. Each time you remember a tough moment and write about how you dealt with it, you're training your resilience muscles. You're reminding yourself that you've been through hard times before and you've come out okay on the other side.

So, the next time you face a challenge or a setback, you'll be better prepared to handle it. You'll know that you have what it takes to get through tough times because you've done it before. And that can give you the confidence and strength you need to keep going, no matter what life throws your way.

## **6. Perspective-Taking**

When you write about things that have happened to you, it's like looking at them from different angles. Imagine you're trying to solve a puzzle, and each piece of the puzzle is a different part of your story.

As you write, you start to see things from other people's points of view. You might think about how someone else felt or what they were going through at the same time. This is called perspective-taking, and it's like trying on different pairs of glasses to see the world in a new way.

When you can see things from different perspectives, you can better understand other people. You start to realize that everyone has their own story, struggles, and feelings. This can make you more empathetic, which means you're better at understanding and caring about how other people feel.

By writing about your own life, you're not just telling your own story. You're also opening your mind to the stories of others. And that can make the world a kinder, more understanding place for everyone.

## **7. Decision Making**

Imagine you're writing in a journal about a tough decision you had to make. Maybe it was about which school to go to, what career path to choose, or even something smaller like whether to speak up in a group.

When you write about it, you're not just remembering what happened. You're thinking about why you made that choice and how it turned out. This helps you understand what's important to you, like your values and what you really care about in life.

It's like shining a flashlight on your thoughts and feelings, so you can see them more clearly. You might realize that some decisions you made were based on things that aren't really important to you, like what other people think. Or you might see that you made a really good choice because it aligned with what matters most to you.

By reflecting on your past decisions, you're also getting better at making future ones. You're learning from your mistakes and successes so you can make more thoughtful choices in the future. Instead of just going with the flow, you're being more intentional about how you live your life.

Writing about your decisions isn't just about looking back; it's also about moving forward. It's like having a roadmap for your life, where you can see where you've been and where you want to go. And that can help you make choices that lead to a happier and more fulfilling life.

## 8. Increases Self-Confidence

Think of writing about your achievements and progress as making a personal highlight reel. You're not just writing down what you did; you're celebrating it. Maybe it's something big, like getting that great job or buying a home, or maybe it's something smaller, like learning a new skill or helping a friend.

When you write about these things, you're reminding yourself of what you're capable of. You're saying, "Hey, look what I did! I'm pretty awesome!" It's like giving yourself a pat on the back and saying, "Good job!"

And you know what? The more you write about your successes, the more confident you start to feel. It's like building a tower out of blocks—one success at a time. With each achievement you write down, the tower gets taller and stronger, and so does your confidence.

Plus, when you look back at what you've written, you can see how much you've grown over time. You can see all the challenges you've overcome and all the progress you've made. And that can be really empowering. It's like saying, "Wow, look how far I've come!"

So, if you're ever feeling down or unsure of yourself, try writing about your achievements. It's a great way to boost your confidence and remind yourself of just how amazing you are.

## 9. Promotes Mental Health

Imagine you're writing in your journal about your day or something amazing that happened to you. Maybe you're writing about a fun adventure or something that made you laugh really hard.

When you write about these things, it's like taking a break for your brain. You're giving yourself a chance to focus on the good stuff instead of getting caught up in worries or stress. It's like pressing a reset button on your mood and giving yourself a little boost of happiness.

The more you write about positive things, the better you start to feel overall. It's like planting seeds of happiness in your mind and watching them grow. With each happy thought you write down, you're watering those seeds and helping them flourish.

Plus, when you look back at what you've written, it's like flipping through a photo album of good memories. You can relive those happy moments all over again, and it's like getting a warm hug from your past self.

So, if you're ever feeling down or stressed out, try writing about something that makes you happy. It's a simple but powerful way to boost your mood and take care of your mental health.



## 10. Your Legacy

Imagine you're writing a storybook about your life. It's like making a treasure map for your family and future generations. You're not just writing for yourself; you're writing for them too.

When you write about your life, you're creating a special kind of time capsule. It's filled with all your memories, experiences, and stories. And one day, when you're not around anymore, your family and future generations can open that time capsule and discover all the amazing things you did and the person you were.

It's like leaving behind a piece of yourself—a gift that keeps on giving. Your loved ones can read your words and feel like they're right there with you, experiencing all the ups and downs of your life. They can learn about where they came from, who they are, and maybe even find a little piece of themselves in your story.

Your story isn't just for your family; it's for the world. It's a piece of history—a snapshot of what life was like during your time on Earth. It's like adding your own chapter to the big book of human history.

You're leaving behind a legacy—a reminder that you were here, you mattered, and your story will live on forever.

## 11. Healing

When you write about hard experiences, it's like taking a weight off your shoulders. You're not carrying all that hurt and pain inside anymore; you're putting it down on paper. And sometimes, just getting it out of your head and onto the page can make you feel a little lighter.

But it's not just about getting rid of those tough feelings. When you write about hard stuff, you're also giving yourself a chance to look at it from a different angle. It's like turning a kaleidoscope and seeing all the different colors and shapes. You might start to see things in a new way, finding a little bit of hope or understanding in the midst of all the darkness.

Sometimes, just the act of writing can be healing. It's like giving yourself a big hug and saying, "It's going to be okay." You're not alone anymore; you've got your words to keep you company.

It might not make everything better right away, but it's a step in the right direction. It's a way of saying, "I'm not going to let this experience define me. I'm going to write my own story, and I'm going to come out stronger on the other side."

## 12. Enhances Social Well-Being

Imagine you're writing in a journal about something that happened to you. It's like telling a story, but you're the author.

When you write experiences, you're not just keeping them to yourself; you're sharing them with others. Maybe you'll read your story to a friend or family member, or maybe you'll share it online for the world to see. Either way, you're connecting with others through your words.

And you know what? Sharing your story can bring people closer together. It's like building a bridge between you and the people around you. They might read your story and think, "Hey, I've been through something similar!" or "I never knew you felt that way." And just like that, you've found a common ground on which to connect.

But writing isn't just about sharing your experiences with others; it's also about understanding yourself better. When you write about your life, you're digging deep into your thoughts and feelings, trying to make sense of them. And when you understand yourself better, you're better equipped to relate to others.

The next time you're writing about your life, think about sharing your story with someone else. It might just bring you closer together and make your social interactions even more meaningful. After all, we're all just stories waiting to be shared.

### **13. Facilitates Personal Growth and Insight**

Imagine you're writing about something important that happened to you, like a big decision you made or a challenge you faced. It's like having a conversation with yourself, trying to figure things out.

When you write about these events, you're not just retelling the story; you're looking for the deeper meaning behind it. You're asking yourself questions like:

- "Why did I react that way?"
- "What can I learn from this experience?"

It's like shining a light on your thoughts and feelings, trying to make sense of them.

Sometimes, just the act of writing can help you see things more clearly. It's like untangling a knot—you're unraveling all the different threads until you find the solution.

You might start noticing patterns in your behavior or thoughts you hadn't seen before. Once you see those patterns, you can start making changes for the better.

Writing about your life isn't just about remembering what happened; it's also about growing and learning from those experiences. It's like planting seeds of wisdom in your mind and watching them grow into something beautiful.

And the more you write, the more you'll understand yourself and the world around you. It's a journey of self-discovery and self-improvement—one word at a time.

## **14. Enhances Mood**

Imagine you're writing in a journal about your day, the good parts and the not-so-good parts. It's like telling a story to yourself, putting your thoughts and feelings into words.

When you write regularly about your life, something wonderful begins to happen: it can make you feel better! It's like a magic potion for your mood.

Whether you're writing about something awesome that happened or something that bummed you out, getting it all out on paper can be like a weight lifting off your shoulders.

It's like venting to a trusted friend, but this friend is your journal. You're not keeping everything bottled up inside; you're letting it out in a safe place. And that can be freeing.

Plus, writing about good things is like reliving them all over again—like hitting the replay button on your happiest moments. And when you write about tough stuff, it's like facing it head-on and saying, "I've got this."

The next time you're feeling down or stressed out, try writing about it. You might be surprised at how much better you feel afterward. It's like giving yourself a little mental hug and saying, "Everything's going to be okay."

## **15. Promotes Cognitive Processing**

Think of your brain like a big filing cabinet. It's got all these files of memories and emotions, and sometimes they can get pretty messy. When you write about your life, it's like sorting through those files and putting them in order.

You're not just writing down what happened; you're trying to make sense of it all. You're asking yourself questions like:

- "Why did I feel that way?"
- "What can I learn from this?"

It's like trying to untangle a knot to see the bigger picture.

The more you write, the clearer things start to become. It's like turning on a light in a dark room—you start to see things you didn't notice before. You might start to understand why you reacted a certain way or why you felt a certain emotion. And once you understand, you can start to make sense of it all.

Writing about your life isn't just about remembering what happened; it's about making sense of it all. It's like putting together a puzzle, piece by piece, until you see the whole picture. And the clearer the picture, the better you understand yourself and the world around you.

## **16. Reduces Symptoms in Medical Conditions**

Imagine you're writing about your life, like what happened today or how you're feeling. It's telling your story on paper.

Now, here's the amazing part: writing about your life can actually help you feel better, especially if you have certain medical conditions like asthma or arthritis. How? Well, it's like giving your brain a break from stress.



When you're stressed out, it can make your body feel worse, especially if you have a medical condition. It's like pouring fuel on a fire—it just makes everything flare up. But when you write about your life, it's like pouring water on that fire. It cools things down and helps you relax.

And here's the thing: when you're less stressed, your symptoms can actually get better. It's like magic! Your body isn't all tense and worked up, so it can focus on healing instead.

So, the next time you're feeling stressed or your symptoms are acting up, try writing about it. You might be surprised at how much better you feel afterward. It's like giving yourself a little dose of calm in the midst of chaos.

## **17. The Past is the Past**

When you write about your life, it's like you're telling your story, from beginning to now. You might write about things that hurt you, like a bad experience or something that scared you. It's like putting those tough memories into words.

When you write about those tough memories, it's like you're facing them head-on. You're not ignoring them or pretending they didn't happen; you're acknowledging them. And sometimes, just acknowledging them can be really powerful.

When you write about your past, it's like saying, "Okay, this happened. It hurt, but it's over now." It's like closing a chapter in a book and moving on to the next one. And when you do that, it can help you let go of some of that pain and anger you've been carrying around.

There is a tricky part: you can't change the past. It's already happened, and no amount of wishing or hoping will make it different. But you know what? That's okay. Because when you write about your life, you're not trying to change the past; you're trying to make peace with it.

So, the next time you're writing about your life, remember this: the past is the past, and it can't be changed. But by writing about it, you're taking a step toward healing and forgiveness. And that's pretty amazing.

## 18. **Breaking The Chains**

Imagine your past is like a big book filled with all your memories, both good and bad. It's important to read this book because it teaches you lessons and reminds you of your successes. But here's the thing: you can't get stuck in that book. You can't let it hold you back or keep you trapped.

Just like in a storybook, you have to keep turning the pages and move forward. You can't stay stuck on one page, reliving the same old story over and over again. You have to let go of the past so you can make room for new chapters in your life.

Think of it like this: if you're always looking backward, you'll never see what's ahead of you. You'll miss out on all the amazing things waiting for you in the future. So, while it's important to honor your past and learn from it, you can't let it define you or control your future.

It's like breaking free from chains that have been holding you back. It's not always easy, but it's necessary if you want to live a full and happy life.

The next time you find yourself dwelling on the past, remember to let it go. Embrace the present and look forward to all the wonderful things that lie ahead.

## 19. Guilt and Shame

Imagine you're writing about something that happened in your past, maybe something you feel guilty or ashamed about. It's like getting those heavy feelings out of your head and onto the paper.

When you write about these things, it's like shining a light on them. You're not hiding them away or pretending they didn't happen; you're facing them head-on. And sometimes, just acknowledging those feelings can be a big relief.

Guilt and shame are like heavy weights that we carry around with us. They can hold us back and make us feel like we're not good enough. But when you write about them, it's like you're saying, "I'm not going to let these feelings control me anymore."

It's like taking those heavy weights off your shoulders and setting them down. You're not carrying them around with you everywhere you go anymore. And when you let go of that guilt and shame, it's like a weight has been lifted off your chest.

Now, here's the fantastic part: when you release those negative emotions, it frees up space for more positive ones.

Instead of feeling weighed down by guilt and shame, you can start to feel lighter and happier. You can start to dream again and believe in yourself.

The next time you feel guilty or ashamed about something, try writing about it. You might be surprised at how much better you feel afterward. It's like giving yourself permission to let go of those negative feelings and make room for more positive ones, and that's pretty awesome.

## **20. Your Story Opens Doors For You**

Imagine you've written a book, and it's not just any book—it's your story, your ideas, your expertise all wrapped up in those pages. Now, here's the cool thing: that book can do a whole lot more than just make money when people buy it.

First off, having a book can open up all sorts of doors for you. It's like having a golden ticket to get on stage and share your message with the world. Whether it's giving a talk at a conference or being interviewed on a podcast, your book can shine a spotlight on you and help you get noticed.

But it's not just about getting seen; it's also about connecting emotionally with your readers.

When someone reads your book, they're not just reading words on a page; they're connecting with you on a deeper level. They're nodding along as they read, saying, "Yes, I've been there too," or "Wow, I never thought of it that way."

And that emotional connection can be really powerful. It's like building a bridge between you and your readers, forging a bond that goes beyond just a transaction.

Whether you're a business owner trying to connect with your customers or a coach trying to help your clients, a book can be an incredible tool for building those relationships.

So, don't underestimate the power of your book. It's not just a product; it's a passport to new opportunities, a beacon that shines a light on you and your message, and a bridge that connects you with the people who need to hear what you have to say. It can take you places you never imagined, and that's pretty amazing.

**“There is no greater agony than  
bearing an untold story inside you.”**

***Maya Angelou***

In conclusion, "The Power of Penning - 20 Compelling Reasons Why Sharing Your Story Matters" illuminates the profound impact of storytelling on our lives. Throughout these pages, we've explored how writing about our experiences not only enriches our own understanding of ourselves but also fosters connection, resilience, and personal growth.

From enhancing self-understanding to promoting emotional healing, each chapter has underscored the transformative power of putting pen to paper and articulating our narratives. We've learned that by sharing our stories, we not only honor our own journeys but also create a tapestry of empathy and understanding that binds us together as human beings.

Moreover, this book has emphasized that our stories are not just individual accounts; they are threads in the fabric of humanity.



Whether through memoirs, journals, or personal essays, our words have the potential to inspire, comfort, and empower others. They remind us that we are not alone in our triumphs or struggles but are part of a larger narrative of resilience and hope.

As we close this book, let us carry forward the belief in the significance of our stories.

Let us continue to wield the power of penning to shape our lives, uplift others, and leave a lasting legacy of compassion and connection.

For in the end, it is through sharing our stories that we truly find our voice and our place in the world.



# YOUR STORY IS YOUR SUPER POWER!



Are you ready to unlock the power of your story? Join me, Julie Fairhurst, founder, story coach, author, and publisher, on a journey of self-discovery and empowerment through storytelling.

Together, we'll delve into the depths of your experiences, uncovering the gems of wisdom and insight that lie within.

Whether you're yearning to pen your memoir, share your expertise through a book, or simply explore the transformative potential of storytelling, I'm here to guide and support you every step of the way.

Let's turn your dreams of sharing your story into a reality. Through personalized coaching, expert guidance, and a passion for storytelling, we'll craft a narrative that resonates with authenticity, inspires connection, and leaves a lasting impact on both you and your audience.

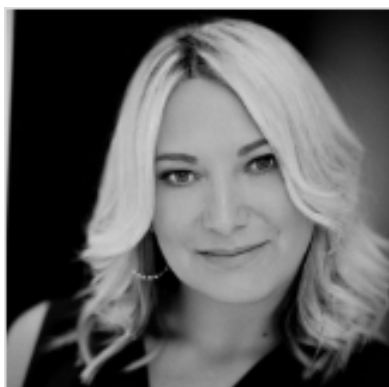
Don't wait any longer to unleash the power of your voice.

Contact me today to embark on a self-expression, growth, and empowerment journey through storytelling.

Together, we'll write the next chapter of your story—one that's filled with purpose, passion, and the promise of a brighter tomorrow.



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### **Julie Fairhurst's Blinq Card**

Bringing over 34 years of expertise as a master persuader in sales, marketing, & promotion to her role as a prolific author, visionary publisher, and...



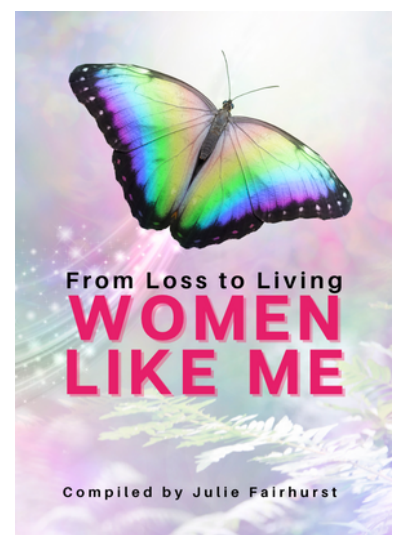
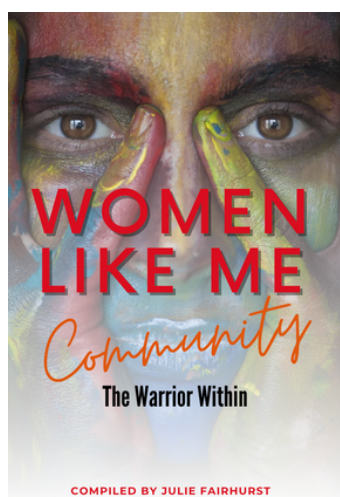
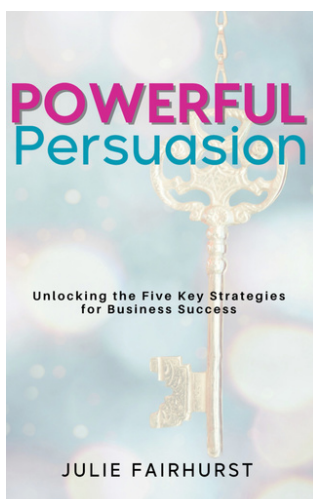
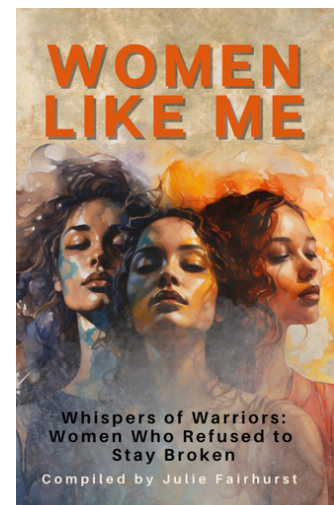
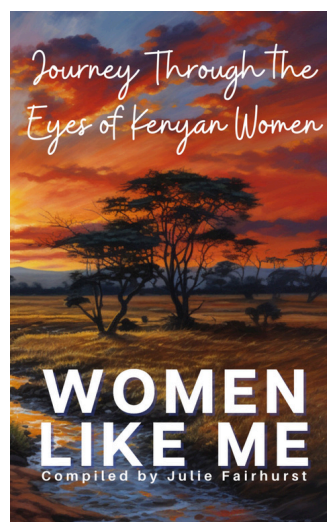
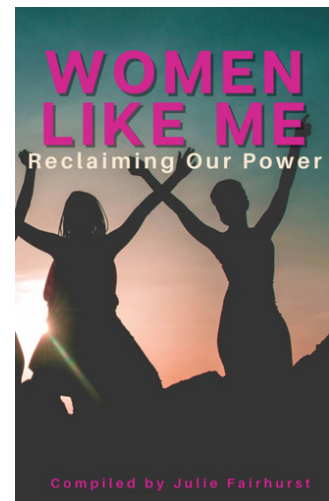
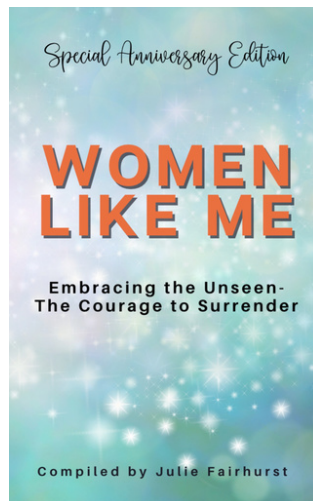
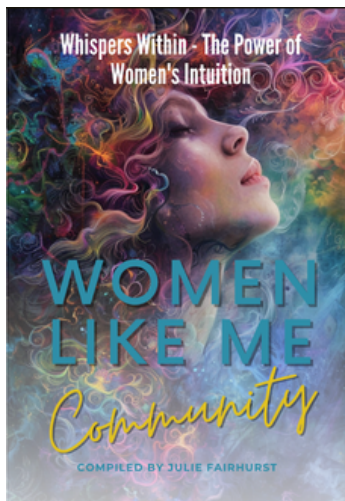
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- **Innovative Program:** Women Like Me Stories & Business offers women the opportunity to write and publish their stories for free in the Women Like Me chapter and community books as well as the Women Like Me Magazine; there is no financial barrier. This initiative helps women to better their lives and the lives of their families.
- **Writing for Healing:** Women participate in a transformative process where writing serves as a medium for personal healing and breaking the cycle of generational trauma.
- **Professional Growth:** Participants have the opportunity to purchase their books at cost and sell them, fostering entrepreneurial skills and financial independence.
- **Community Engagement:** By participating in Women Like Me Magazine and community books, participants join a supportive network that amplifies their voices.
- **Recognition:** Contributors to best-selling Women Like Me chapter books on Amazon gain visibility, contributing to their professional and personal brand.

“If there's a book that you want to read, but it hasn't been written yet, then you must write it.”

***Toni Morrison***







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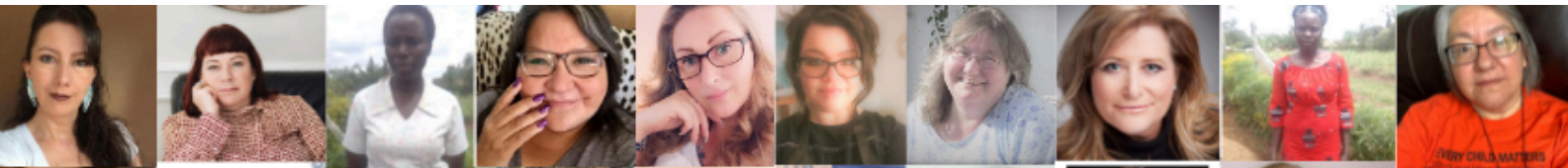
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"Julie has the patience of a saint. Having to deal with ten women writing very emotional stories and guiding them in the direction, not only Julie needed but what the women needed as well. We'll balanced!"

Joanne

"Julie is a lovely person who provides a wonderful writing platform for the everyday women who struggles and yet finds strength in trying to find the path through them. She is a wonderful support who is both encouraging and an example of resilient leadership in her own life and what she also has experienced. I am grateful to have found her and this community."

Trish

"Julie was a wonderful support and very knowledgeable about the writing process and publishing process. I enjoyed working with her. She was kind, supportive, and friendly."

Tracy

"I found that right from the start Julie Fairhurst kept me up to date in the overall process and really went over and above in reassuring us each step of the way. I am beyond thankful for Julie!"

Roxanne

“Being given the opportunity to write for Julie’s amazing Women Like Me project has been one of the highlights of my year! She made the entire process smooth & stress free making herself always available when writers block had me stumped. This has been an excellent experience for me that has resulted in a great book!”

Anne

“Julie has been nothing but stellar to work with. I’m so fortunate to have been part of her books. She makes the process understandable, and she’s like a good pair of Spanx: supportive where you need it and invisible where you don’t. I will jump on the opportunity to work with her on any project I can!”

Brooke

“Julie was wonderful, inspirational and supportive to work with. I enjoyed my communication with her and I felt that I could trust the process was safe in her capable hands”

Thorey.

“One of The most giving, encouraging, efficient, and smart persons have met. My absolute blessing.”

Anna