



What If Life Could Be Easier? - Psychiatric Nurse Turned Personal Coach Julie Donley Helps People Embrace Change For New Lives

People face huge challenges today including mounting debt, obesity and addiction as well as marital and childrearing issues. People are struggling to survive as opposed to living a life where they *thrive*. Life seems to be so hard and it is taking its toll on our financial, physical and mental wellbeing. In order to produce different results, change is necessary. But people don't like change. It's hard. And it's scary.

"Change is not the enemy; fear is," Change Expert Julie Donley says. "People remain stuck in negative patterns of thinking and behaving because it is what they know. But this path is causing unhappiness and leading people to experience mental and physical health issues. It is time to get more comfortable with change."

Julie, an author, psychiatric nurse and personal coach, uses the acronym H.A.R.D. to explain why people struggle to change: people find themselves enslaved by Habits, Attachments, Resistance and Discouragement. She then provides eight key strategies for making change easier. This simple process helps people gain an understanding of how their brain works to maintain the status quo and sabotage them from changing; they also learn how to take charge of their actions, make better choices and use the power of their mind to their advantage.

BIO: Julie Donley knows firsthand what it means to conquer adversity. Having overcome addiction, a grave illness, divorce, single parenthood, obesity, indebtedness and being laid-off three times, Julie brings a wealth of personal experience to her work. Julie holds a master's degree in business and has worked in psychiatric nursing since 1993. She founded her company, Nurturing Your Success, in 2001 to help people achieve their goals and work through change. She is the author of several books including *Does Change have to be so H.A.R.D.?* and *The Journey Called YOU: A Roadmap to Self-Discovery and Acceptance*. Learn more at www.NurturingYourSuccess.com. Contact Julie at Julie@NurturingYourSuccess.com.

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Story Ideas

Change by Choice – People can wait until they have no choice but to change or suffer the consequences, or they can choose change. Change Expert Julie Donley, RN, explains how people can choose to step up and take charge of their pain, fear and challenges to start creating what they really want.

Mental Reconditioning – When people want to change something in their life, they often battle with themselves. Julie explains an easier, softer way to change through mental reconditioning.

Overcoming H.A.R.D. – Julie, author of *Does Change have to be so H.A.R.D.?*, explains how the brain works through the use of the acronym H.A.R.D. (enslaved by Habits, Attachments, Resistance and Discouragement) and provides new ways of tackling change.

Drama and Stress – People create drama because it stimulates excitement in life. This artificial stimulation adds to the already high stress levels people are experiencing, which can lead to physical and mental illness. Julie explains how, by decreasing the drama in life, people discover the contentment and satisfaction they long for.

Managing Expectations – Julie explains how interpretations and expectations create unnecessary stress and fuel discontent. She introduces a simple process to help people gain self-control and manage emotions to enjoy a calmer, more peaceful and less stressful daily life.

Your Greatest Enemy: FEAR – Change is not the enemy; fear is. Fear keeps people from enjoying themselves, their work and their relationships and limits their ability to live an excellent life. Julie shares strategies for taming and facing the fear.