

BIGGER, BETTER, BRAVER

Conquer Your Fears, Embrace Your
Courage, And Transform Your Life

Nancy Pickard

In ***Bigger, Better, Braver***, master integrative life coach Nancy Pickard challenges us with these life-altering questions:

- Is there something you'd love to do but haven't found the courage?
- Do you want to give yourself over to the fullest possible experience of living?
- Do you want to take a leap toward a bigger, better, braver life?

Bigger Better Braver is a proven, step-by-step guide for uncovering and putting into action the vision we each have in our hearts to live the life we are meant to lead. Provided with clarity and enhanced with inspirational client and personal stories, it shows readers how to get unstuck from old ways of behaving and take bold steps toward something new and larger in their lives.

The book is a journey in itself, as Nancy lays out time-tested tools to identify, face, and overcome shadow beliefs from childhood that hold us back, get free of the limits of our comfort zone, come to terms with and cultivate fear as a driving force for change, and discover the courage we already have to take bold steps into the future.



Self-Help/Personal Growth/Self-Esteem
ISBN: 978-1-970107-12-8 paperback
ISBN: 978-1-970107-13-5 ebook
ISBN: 978-1-970107-22-7 audiobook

Retail: \$18.99 pb, \$8.99 eb, \$22.99
Publication date: July 14 2020
Presales: December 2019
Distributor: SPU / IPG

Contact: Teri Rider, publisher,
teri@topreadspublishing.com

Nancy Pickard

MASTER LIFE COACH

ABOUT THE AUTHOR

Nancy Pickard is a Certified Integrative Coach through The Ford Institute for Transformational Training. She is certified as a Breakthrough Shadow Coach, Empowered Parent Coach, Courage Coaching, Healing Your Heart Coaching, Leadership Coaching and Holistic Lifestyle Coaching. Before becoming a life coach, she founded and owned a personal training gym called Tight Ends, which she operated by herself for sixteen years. She knows what it takes to help people achieve big goals.

Nancy splits her time between Aspen, Colorado and Larkspur, California. She is the mother of two sons and grandmother of three girls and the happy owner of an irrepressible Australian Labradoodle named Bliss.

Nancy was born and raised in Buffalo, New York and is the youngest of three girls. She is an enthusiastic athlete, and when not working, Nancy can be found hiking, road biking, skiing or practicing yoga. At the age of 61, Nancy climbed Kilimanjaro in her personal pursuit to living a Bigger, Better, Braver life.

Visit her on her website: nancypickardlifecoach.com, Instagram: [nancypickardlifecoach](https://www.instagram.com/nancypickardlifecoach), and facebook: [Nancypickardlifecoach](https://www.facebook.com/Nancypickardlifecoach)



TOP READS PUBLISHING, LLC

1035 E. Vista Way, Suite 205, Vista, California 92084 USA • topreadspublishing.com, 760-458-9393