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with **Kate Ebner**



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Born of Time Offers Wisdom to Your Past and Future with
Ellyn Spragins, Letters to My Younger Self**

Published in 2006, Letters to My Younger Self launched a new career for Ellyn Spragins, the award-winning journalist, columnist, and editor. Ellyn interviewed prominent women and asked them to reflect on a time in the past when they were struggling. Ellyn then asked them what they would write to their "younger self" in a letter to help their younger selves navigate the difficult time. These letters, once published, inspired readers everywhere to write such a letter and – voila! Today, Letters To My Younger Self® Seminars and Workshops around the world for corporate women's leadership programs.

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Featured Guest



Ellyn Spragins

Ellyn Spragins, Author and CEO of What I Know Now Enterprises, LLC Ellyn Spragins is the New York Times bestselling author of What I Know Now: Letters To My Younger Self. She has since authored What I Know Now About Success and If I'd Known Then: Women In Their 20s and 30s Write Letters to Their Younger Selves. Ellyn was a columnist at The New York Times, writing Love & Money for the Sunday business section, and Editor-At-Large at Fortune Small Business. She was VP of Editorial Development at Oxygen Media and a contributing editor to Newsweek, where she won the National Press Club's Consumer Journalism Award and the Clarion Award. She has been an editor at Smart Money, BusinessWeek and

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