



# Leading Conversations with Cheryl Esposito

## Leading Conversations

Friday at 10 AM Pacific

October 11th 2013: **When Success Makes You Sick...Love Is the Cure.**

Cheryl Esposito welcomes Deborah Jane Wells, author of Choose Your Energy: Change Your Life! Deborah's 30 years' experience as a wildly successful organization transformation consultant, and senior partner in four of the world's largest, most prestigious firms, almost killed her. Her commitment to work took precedence over herself. When she retired, she says, she was "a poster child for professional burnout: exhausted, morbidly obese, and clinically depressed." She spent the next few years reinventing herself, and ultimately discovered that old success patterns were getting in the way of her

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## Featured Guest



### Deborah Jane Wells

What's love got to do with minimizing stress and getting unstuck? Everything, according to empowerment coach and inspirational speaker Deborah Jane Wells. Her book, "Choose Your Energy: Change Your Life!" (Hay House/Balboa Press 2013) shares her story and her signature Discovery Framework. After 30 years as an organization transformation consultant and senior partner in major professional services firms, Deborah took a 5-year sabbatical to find healing and peace. Her recovery from burnout, obesity and depression led to finding her purpose guiding others on their journeys. Through healing and self-exploration, she discovered that loving yourself unconditionally is the key to transforming ever

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