

For Immediate Release

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## **CHARACTER MAKEOVER: A MAKEOVER THAT CHANGES EVERYTHING** **TWO LIFE COACHES LEAD WOMEN THROUGH 40-DAY TRANSFORMING MAKEOVER**

America needs a makeover. This is the collective wisdom of our television schedules, magazine headlines, and bookstore shelves -- all promising body, home and fashion makeovers. But are these external makeovers making a lasting difference? Or does something deeper require makeover attention? Life coaches Katie Brazelton, Ph.D., and Shelley Leith believe women must examine their internal lives in order to make lasting change, and they describe this deep-level makeover in their new book, ***Character Makeover: 40 Days with a Life Coach to Create the Best You*** (Zondervan, January 2008). Brazelton and Leith suggest that a "character makeover" positively affects every area of life, empowering individuals to accomplish their God-given dreams and achieve their divine potential.

"You can makeover your hairstyle, your body and your home, yet still live a life of frustration and emptiness," Dr. Katie Brazelton explains. "Until you delve deeper, inviting God to make over your character, you won't reach your God-given potential. This 40-day character makeover process can change your life, bringing down strongholds that have been blocking your progress and your dreams for years."

Authors Brazelton and Leith are professional Life Coaches who have personally guided dozens of women through makeover sessions that focus on life purpose. The authors first met while serving at Saddleback Church in Lake Forest, Calif., where bestselling author Rick Warren is pastor, and they travel internationally to address the topics of character makeovers and discovering life purpose. As a result of their professional and ministry experience, Brazelton and Leith have developed an intensive 40-day character makeover process, available for the first time to readers via ***Character Makeover***. This softcover book includes practical worksheets, journals and checklists which can be used individually or alongside a mentor or group study.

***Character Makeover*** helps readers discover how to close the gap between understanding one's life purpose and actually fulfilling it. By intentionally developing eight specific character traits (humility, confidence, courage, self-control, patience, contentment, generosity, and perseverance) over the course of 40 days, readers are empowered to break defeating cycles fueled by insecurity, self-centeredness and woundedness. Brazelton and Leith guide the character makeover process with empathy, honesty and grace, empowering readers to move toward their God-designed destiny at a personal pace.

Dr. Katie Brazelton, Ph.D., M.Div., M.A., is a Life Coach and the bestselling author of the *Pathway to Purpose for Women* book series (Zondervan). She is also the founder of Life Purpose Coaching Centers, International®, which trains Christian men and women internationally to become Life Purpose Coaches and

two-day-intensive Life Plan Facilitators. With a Ph.D. in Philosophy/Human Behavior-Leadership, an M.A. in Theology, M.A. in Educational Administration, and an M.A. in English, Katie is a professor at Rockbridge Seminary. She resides in Southern California.

Shelley Leith serves on staff at Saddleback Church as the lead developer of their worldwide resources. Her previous writing projects include spearheading the extremely popular "40 Days of Purpose Campaign" and "40 Days of Community Campaign." She and her husband, Greg, are featured speakers for FamilyLife Canada's "A Weekend to Remember" marriage conferences, and she enjoys speaking on marriage, family, and parenting topics. Shelley and Greg have been married nearly thirty years and are raising five teenagers in Southern California.

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