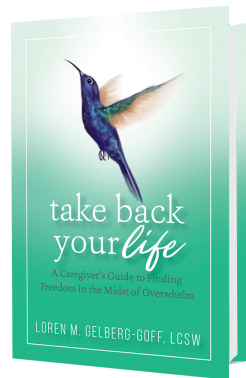


# Taking Back Your Life: A Caregiver's Guide

## Helping Family Caregivers Find Freedom in The Midst of Overwhelm

### The Book



### The Why

**What's in the book:** *"Whether or not you choose to make a change in your attitude or behavior, you will feel stress. Which stress will you choose, the same old, same old stress you know? Or the stress of doing something new and different? As you go through this book, your awareness of your needs will increase... along with your courage and desire to do something different."*

*Change is inevitable. You are dealing with someone in need of care; their health is compromised. Whether age-related, chronic illness or another kind of debilitating illness, changes are going to happen. This book is about the ability to make changes that will best take care of you as you continue to love and care for those in your life."*

### The Keynote

This presentation is relevant for your audience if they say "yes" to 3 or more of the following:

- Are you tired of doing everything for everyone else with no time left for yourself?
- Do you ever feel angry that it's all up to you, and just "same stuff, different day"?
- Are you sick of telling others you're "fine" when you know you aren't?
- Do you wish you could say "No" to some requests – without feeling guilty about it?
- Is dealing with siblings or other relatives a constant source of friction or resentment?
- Would it help you to focus on your needs for a change, to get clearer about what you really want, then master effective new strategies for having more of *that* in your life?

### The Speaker

Loren Gelberg-Goff, MSW, LCSW and CHT is founder and CEO of Well Within and a gifted psychotherapist, author and speaker who has been in private practice for over 25 years.

She is best known for creating popular, life-changing programs for caregivers such as her 5-month virtual group program, *Take Back Your Life: The Art of Self-Care*.

In her presentations and her work with clients she guides family caregivers to be empowered to live free of chronic, daily anxiety and overwhelm, so they no longer feel constantly guilty, angry or resentful.

Loren's mission is to teach, support and encourage family caregivers to finally and consistently take as good care of themselves as they do of the others in their lives.

Loren's clients report that as a direct result of working with Loren they are able to live their lives more fully and with a renewed sense of inner peace and wellness.



**Booking:** [TakeBackYourLifeNow.com/Keynote](https://TakeBackYourLifeNow.com/Keynote) **Contact:** [Lynn@LorenGelbergGoff.com](mailto:Lynn@LorenGelbergGoff.com) (201) 489-6720

**“Loren’s insights, support and guidance opened my life to so much more joy and abundance I never realized before. My marriage has improved, I have more compassion for my aging parents and my overall health has even improved. I laugh more readily now. And to think I thought I forgot how to enjoy life! I am forever grateful for working with Loren and all that our work together has done for me.” ~ LB, Virtual Program Participant**

## What People Are Saying About...

### Loren’s new book *Take Back Your Life*:

*“Powerful...[it] can help you see your way through the struggle that comes with having to find some balance in a world shifted off its axis. It seems to me that this is an especially hard time to be a caregiver and I hope you can give this process to yourself.” ~ PK*

*“Loren has created simple tools to help...caregivers embark on the journey of caregiving with love in their hearts and a huge burden lifted off their shoulders.” ~ AF*

*“Like a guidebook to sanity in an insane life.” ~ DO*

### Half Day Workshop:

*“Thank you so much for this program...I already see the myriad of ways I will benefit from your wisdom and expertise. This was so helpful for me personally and professionally. I hope and plan to attend whatever workshops and programs you provide because what you offer is so incredibly powerful and meaningful in so many areas of my life. Thank you, thank you.” ~ AS*

### Take Back Your Life Virtual Group:

*“I am in awe that in just 6 weeks (less actually) I have felt so many changes. I didn’t believe it was possible for me to make changes, and I am amazed and truly indebted to this group and to how much I’ve learned and grown. Thank you!” ~ BL*

*“Loren just gets it; she makes big issues understandable and manageable. I never thought about being part of a group, but this just works.” ~ NL*

*“I would stay in this group forever because I keep learning new things and hearing the information with new awareness. It’s the best thing I’ve ever done for myself.” ~ CP*

## Loren’s 1 hour talk will reveal how your audience can:

- ★ Create 3 crucial boundaries that assure that they take care of themselves first
- ★ Release the overwhelming impulse to do things for others simply out of guilt
- ★ Make clear requests of others without fear of being judged or rejected
- ★ Get clear about what they WANT to happen, versus what they THINK they can achieve
- ★ Discover the #1 the tool to stop communications from becoming explosive confrontations in seconds
- ★ Learn the one crucial sentence that can help them receive support from others and change their life forever
- ★ Consistently make themselves a priority, clear in the knowledge that YES, they really do matter

Loren’s keynotes and training clients:



Swiss Re

MARS

