

Lynn Zettler, author of STOP Talking to Me!

Lynn Zettler is the eldest daughter in a family of 6 children and a multitude of foster children. "Take the situation which is dealt to you and making the best of it" was a constant mantra in her childhood household. Growing up in a full house of children with little money for the family, Lynn took the mantra to heart at a young age and paid her own way through her high school and college years.

Lynn married her high school sweetheart and love of her life at the age of 21, where this positive attitude was reinforced and magnified. Lynn's successful 25-year professional career included roles as a Research and Product Development Chemist at Case Western Reserve University and Ceilcote Corporation, as well as Patent Information Specialist, Patent Agent, Intellectual Capital Manager and Global Intellectual Property Development Leader at The Dow Chemical Company and Dow AgroSciences. In 2005, Lynn discovered her passion for coaching; established LifeAction Coaching, Inc. in 2006; graduated from Coach University in 2008; and obtained her Associate Certification in Coaching through the International Coaches Federation in May of that same year. Lynn's mission statement is: To continuously enhance the lives of others through coaching and creating value.



"Through my relationships, resourcefulness, actions and genuine caring for people, I inspire my clients to reach for and attain the growth and faith needed to bridge the gap between where they are and where they want to be." Lynn lives with her husband, Mark, in Carmel, Indiana. Her thriving coaching business primarily serves women business owners and professionals, and specializes in eliminating "Your Big But". You can find Lynn at www.lifeaction-coaching.com.

www.stoptalkingtome.com

STOP Talking to Me!

How to silence your inner critic and pivot your thoughts from negativity to positivity in four simple steps.

Published: September, 2010, iUniverse

Format: Perfect Bound Softcover(B/W)

Pages: 108 Size: 5x8 ISBN 978-1-4502-5259-1

List price \$12.95 Order at www.stoptalkingtome.com



Have you ever been aware of your thoughts and noticed how many are negative versus how many are positive? Did you know that if you talk negatively to yourself, you set the tone of failure and disappointment, while talking positively to yourself sets the tone of success and happiness? STOP Talking To Me will teach you how to turn your negative thinking into routine positive thinking, so that you will set the stage for your happiness and success. The simple S-T-O-P process, which accompanies each specified emotion, along with the examples and stories, will enable you to learn to pivot your thoughts and become that positive minded person you've always admired. Better yet, the book is specifically designed to be small enough to carry with you, so that you will have it handy whenever you find yourself in the realm of negative thinking! IF YOU WANT TO, YOU CAN CHANGE YOUR LIFE. All you have to do is to take the next step forward.

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