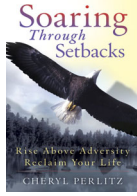


FOR IMMEDIATE RELEASE
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Soaring Through Setbacks...
Rise Above Adversity - Reclaim Your Life
***A book about dealing with grief, career changes
and other major transitions***

Cheryl Perlitz
author/ speaker/ facilitator

**Lance Armstrong did it
So can you!**
***How to deal with personal challenges And become a star
Using the lance armstrong approach***

Lance Armstrong made history by winning his 7th straight tour de france. He has done the unimaginable Survived a cancer that gave him a 30% chance to live and go on to win the grueling "tour de France". How can we use his example to help us win our own **'TOUR DE LIFE'?**

The truth is almost all of us are dealing with a serious challenges or know someone else who is.

Sometimes we at right, exercise, avoid stress, take vitamins and do all the right things.....and we still get sick

Sometimes we think we will have a wonderful marriage, and we can work things out....and around 50% of our marriages end in divorce

Sometimes we do our best at work, do more than is expected, relate well to co-workers and clients, contribute to the bottom line... and we still lose our jobs

Lance Armstrong survived his cancer and went on to be a winner. How did he do it? How can we do it?

We can achieve what we think is impossible if we:

Adopt the 'adventure attitude'tm

- Be positive in the face of the negative
- Look at life as an adventure
- Think like a child
- HAVE FUN
- Know there is no failure, only new things to learn

Dream big

- Set your sights on the goal
- Work to get there one step at a time
- Be prepared to readjust and be flexible

Lighten our load

Get rid of extra stuff
Get rid of extra obligations
Stay away from negative people

Prepare for survival

Learn all you can
Pay attention to what has worked for others
Be physically and mentally prepared
Have a 'plan B'

Create a team for support

Give and receive Emotional and physical support
Build trust in your relationships
Maintain open and honest communication
Lean on your team and accept their help
Ask for help when you need it

Give back

Use what you learn for the good of others

Cheryl Perlitz is the author of the inspirational book "Soaring Through Setbacks - Rise above adversity - Reclaim your life" the on line training program "Working through Setbacks...The Path to Positive Change" and is co-author of Getting Things Done – Successful Women Speak. As a dynamic speaker and facilitator, her inspiring, fun and motivational stories help listeners and readers to "TRANSFORM THEIR MOUNTAINS INTO OPPORTUNITIES FOR ADVENTURE AND POSITIVE CHANGE."

Cheryl is not a therapist, or medical doctor. She does not have a PHD or an advanced degree in psychological theory. She is a regular person, like most of us. She is a sought after talk show guest because of her easy casual style, her ability to tell wonderful stories that the listeners and readers can relate to, and her understanding and compassion for others.

If you would like to hear more about this topic, and/or more detailed SURVIVAL TIPS for surviving setbacks contact Cheryl Perlitz: cheryl@SoarWithMe.com or call 847-510-5919