



# **Choose Your Energy: Change Your Life!: When you Fall in Love with yourself, Everything else Falls into Place**

*Deborah Jane Wells*

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*When love transforms your relationship with yourself, it transforms your personal life, your work, and the world.*

When your birth includes a near-death experience, you know you are in for a wild ride. A fifty-five-year roller coaster of triumph and burnout led to finding my life purpose more than five decades later. Mine is a story of hope. Yours can be too.

As a life coach, organization transformation consultant, Reiki master, artist, author, and broadcast personality, I have pursued a lifelong passion for the transformative power of love. I help individuals and organizations learn to harness that power to step into their greatness.

When we choose fear as our fuel, any of us—individuals and organizations alike—can become stuck in the “hamster wheel” approach to life. Trapped by the mistaken belief that busyness is the same as purpose, we can’t stand the way we’re living but feel powerless to change.

As we work together, my clients discover what I discovered: when you fall in love with yourself, everything else falls into place, personally and professionally. Choosing love as your core energy automatically enhances every aspect of your life: your perceptions, opportunities, relationships, and priorities. You get unstuck, reclaim your personal power, and recapture your zest for living, moving yourself forward into a life you love.

Instead of choosing to live as a victim of circumstance, consider embracing the power of loving yourself unconditionally through insights, encouragement, clear strategies, and practical tools built on

- my personal journey, including a sustained eighty-pound weight loss, freedom from a ten-year bout of debilitating depression, and finding my purpose guiding others on their journeys;
- living in flow, a fluid Journey to Wholeness grounded in who you are being *not* what you are doing;
- the Discovery Framework that grew out of my experience, including core energy, sensory balance, and your personal board of directors; and
- Lessons in Living inspired by the journeys of my clients.

*What's love got to do with it? Everything!*

**For more information:**

- [Click here](#) to watch the two-minute **author press release video** in which Deborah talks firsthand about the life transforming power of falling in love with yourself.
- [Click here](#) to watch the one-minute **book trailer video**.
- [Click here](#) to listen to an eight-minute **interview** from Hay House Radio's "Bright New Voices: The Balboa Press Hour" as Chad Tuthill talks with Deborah about the origins and themes of her book.
- [Click here](#) to browse **publicity** concerning all aspects of Deborah's work in the world—everything from press releases and articles to audio and video interviews.
- [Click here](#) to explore Deborah's professional **credentials**.

You may subscribe to Deborah's website, blog and other social media channels via the links on the sidebar of her coaching website at [djwlifecoach.com](http://djwlifecoach.com).

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