

Reclaiming A Life – Hottest TV Show, A&E's Intervention, Mirrors Author's Experience Reclaiming Her Soul And Her Daughter

NEW FAIRFIELD, CT /Send2Press Newswire/ – The storyline of one of the season's hottest television shows, A&E's Intervention is almost a mirror reflection of Lisa J. Whaley's story told in 'Reclaiming My Soul From The Lost And Found.'

"Intervention" is an emotionally gripping series that confronts people at the breaking point of a personal crisis.

From compulsive gamblers to drug addicts to an out-of-control teen, the people on the show face their darkest demons and try to find the road to redemption. The show captures friends and family as they confront loved ones through an unexpected intervention.

In "Reclaiming My Soul From the Lost and Found" (ISBN 1-4140-7230-9 \$27.95 251 pages, www.lifeworksynergy.com), Whaley reveals the decisions and actions that not only led her to lose sight of her soul but also allowed her to heal.

As a wife, mother and successful IBM executive, Whaley spent years trying to achieve the success others expected from her and that she demanded from herself.

Yet, she soon found herself dealing with an out-of-control teenager drowning in a world of sex, drugs and alcohol, a marriage collapsing, and her own serious illnesses. Whaley experienced a deep level of despair and ultimately considered the unthinkable – suicide!

The book recounts how Whaley intervened to first save herself from derailing, and then intervened to save her daughter by making a gut-wrenching decision at a time of crisis.

Because of the similarity of "Intervention" with her book, Whaley is frequently asked to talk about the intervention she used to rescue her daughter from drugs and has been a speaker at corporate events as well as churches throughout the USA on the topic.

Whaley's Intervention began with reclaiming her soul and then reaching out to her daughter.

"On my journey I took a detour and became a creation of other people's image of me," adds Whaley. "I got caught up in that creation, and my soul ended up in the lost and found – to the detriment of my husband and two daughters."

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