

Natalia Alexandria Announces Launch of 'Your Life IQ'

VERO BEACH, Fla., Sept. 9, 2014 (SEND2PRESS NEWSWIRE) – Natalia Alexandria, highly sought-after life coach, unveils her latest book “YOUR LIFE IQ” (ISBN: 9780578138107). This new book helps readers develop their innate ability to solve life challenges and provides all the tools necessary to ignite a thriving mind-body-spirit.

“Your Life IQ” is packed with practical tips and reads like a personal conversation with the author. Ms. Alexandria uses simple and direct language to examine the physical, mental, emotional, and spiritual dimensions of our lives. She also illustrates how cultural expectations and life experiences can get in the way of utilizing our inherent intelligence to fulfill our lives.

“Imagine waking up every day excited about your life,” Ms. Alexandria beams, when addressing a live audience. Visually disabled, she draws from her own adversity to demonstrate what it takes to really change and to become enthusiastic about your life. “If you practice these disciplines that unite the totality of who you are-mind, body, and spirit-the results will be extraordinary.”

This no-nonsense guide outlines concepts, provides examples, and targets solutions that work. The method is holistic, and it will leave readers feeling energized, confident, and prepared for powerful decision-making.

“We tend to be myopic about how we solve difficulties and create change,” observes the author. “The focus should not be on the individual problem, but instead, on how our entire energy system of mind-body-spirit contributes to the solution.”

“Your Life IQ” is now available worldwide in English; distributed by Amazon and BookBaby in paper and digital formats. Spanish version due to release in November 2014. Trade Paperback; 5.25 x 8; 200 pages; \$14.95; ISBN: 9780578138107.



Send2Press® Newswire

About Natalia Alexandria:

A life enthusiast, Natalia is a certified life coach, expert in personal development, and motivational speaker. Legally blind, she uses her personal experience of overcoming setbacks to highlight her long-standing belief that anything is possible. A first-generation American, she's an ex-Wall Streeter and business professional with a no-nonsense approach to changing your life.

To learn more, go to <http://www.nataliaalexandria.com/>.

Find the book on Amazon, at: <http://amzn.com/B00JGSMFQY>.

IMAGES FOR MEDIA:

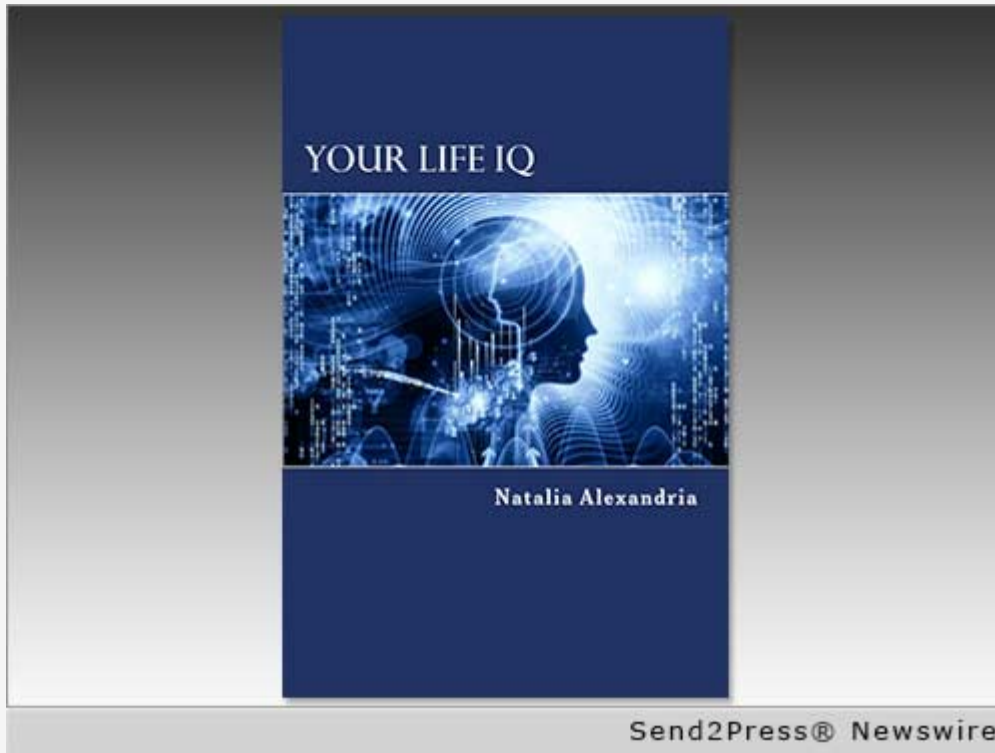
*PHOTO 1: <http://Send2Press.com/wire/images/14-0909-natalia-300dpi.jpg> .

*Photo 1 Caption: Author and certified life coach, Natalia Alexandria.

*Photo 2: <http://Send2Press.com/wire/images/14-0909-yourlifeiq-300dpi.jpg> .

*Photo 2 Caption: Cover of Kindle Edition, "Your Life IQ."

News issued by: Natalia Alexandria



Original Image: <https://www.send2press.com/wire/images/14-0909-yourlifeiq-500x375.jpg>

#

Original Story ID: 2014-09-0909-001 (9594) :: natalia-alexandria-announces-launch-of-your-life-iq-2014-09-0909-001

Original Keywords: Your Life IQ, life coach, mind-body-spirit, nonfiction book, Kindle edition, BookBaby, ISBN 9780578138107 Natalia Alexandria Vero Beach Florida VERO BEACH, Fla.

Alternate Headline: Life-coach Natalia Alexandria announces publication of her new book 'Your Life IQ'

NEWS ARCHIVE NOTE: this archival news content, issued by the news source via Send2Press Newswire, was originally located in the Send2Press® 2004-2015 2.0 news platform and has been permanently converted/moved (and redirected) into our 3.0 platform. Also note the story "reads" counter (bottom of page) does not include any data prior to Oct. 30, 2016. This press release was originally published/issued: Tue, 09 Sep 2014 12:34:07 +0000

Original Shortcode for Story: <http://i.send2press.com/Imq22>