

FOR IMMEDIATE RELEASE

Five Easy Steps to Mastering Life Skills and Finding Fulfillment

Author and Life Coach Gloria Sloan Releases Roadmap for Personal Growth and Fulfillment

CHARLOTTE, N.C. (Oct. 11, 2021) – According to [market research](#), the self-improvement market is expected to grow to \$13.2 billion in 2022. Faced with a global pandemic, many have taken the opportunity of more personal time to self-reflect and gain new skills.

“Life Skills for the Journey: Identify Essential Life Skills That Matter with 5 Successful Approaches,” by Gloria Sloan is a personal development, self-help guidebook for success and meaningful living.

“This book is intended to help individuals look at life in a pivotal review,” Sloan said. “This guidebook provides inspirational insight and guidance for personal and professional growth, no matter what stage of the journey one is in.”

A professional life coach, Sloan shares five essential approaches to life skills, for improving an individual’s ability for self-development and creating positive behaviors for managing life’s challenges. The book even contains exercises, with activities, to engage readers and spark insight, as well as empowering coaching moments at the end of each section.

“Even when it seems we have it all, there can be a feeling of unrest,” Sloan said. “This is a great opportunity to assess your values and why they’re important, as well as identify and master your best skills to achieve fulfillment.”

“Life Skills for the Journey”

By **Gloria Sloan**

ISBN: TBD

Available at Amazon and gloriasloan.com

About the author

Gloria Sloan is a Certified Life Coach, strategist and has been a consultant for more than 40 years. She is a member of the International Coaches Federation (ICF), World Business & Executive Coach Summit (WBECS), Women’s Prosperity Network, Innovation Women, Nonfiction Authors Association, and the National Speakers Association (NSA, Kentucky). She is also the author of “Abundant Faith: Secrets to Plenty Traveling on Life’s Journey.” For more about the author or her book, please visit <https://www.gloriasloan.com/book/>. Follow her on Twitter, [@SloanLifecoach](#), Facebook, [@gloriasloanlifecoach](#), Instagram, [@gloriasloan_lifecoach](#), and [LinkedIn](#).

###

Review Copies & Interview Requests:

Lindsey Gobel, Publicist

317.435.2116

lindsey.gobel@gmail.com