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World-Renowned Motivational Speaker Les Brown Endorses Life Skills Book
Author and Life Coach Gloria Sloan Receives Endorsement for Personal Growth Self-Help Book

CHARLOTTE, N.C. (June 2, 2022) – According to [market research](#) the self-improvement market is expected to grow to \$13.2 billion in 2022. Coming out of a global pandemic, many are seeking fresh opportunities to gain new skills and find fulfillment in life.

“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 was published March 15, 2022. It is an inspiring book of self-help truths and strategies with profound insight to help transform the lives of individuals into wholeness and personal growth.

“Gloria Sloan has written a book that takes you to a place in yourself that you can't go by yourself,” Les Brown said in the book [endorsement video](#). “It’s a book that you don’t just read but you experience.” Les Brown is a leading authority on achievement and a committed motivational trainer on the subject of living your best life and achieving greatness.

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 contains exercises, with activities to engage readers and spark insight, as well as tips on life lessons and empowering coaching moments.

“This book is intended to help individuals look at life in a pivotal review,” Sloan said. “Ultra-successful people never stop reaching for new heights, learning new skills, and finding fulfillment. They believe in personal development.”

“Life Skills for the Journey”

By **Gloria Sloan**

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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), 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 [Gloria Sloan's website](#). Follow her on [Twitter](#), [Facebook](#), [Instagram](#), and [LinkedIn](#).

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Review Copies & Interview Requests:

Doreen DeJesus-Harper

Phone: (901) 308-7644

Email: धारपर@ambicionz.com