

**FOR IMMEDIATE RELEASE**

**Calling All Baby Boomers!  
Expert Reveals Three Steps to Heal and Attract the Life You Love**

**August 10, 2009, Newport, Isle of Wight (UK) and Denver, CO** – Ten years ago, author Caryl Westmore found herself broke, divorced, and homeless after a house fire when she was 50 years old. But this Law of Attraction healing expert applied the old adage “Physician, heal thyself,” and today she is living her dream life—traveling the world with her soul mate and inspiring others along the way. Her new book, *You Can Break-Free Fast; Three Simple Steps to Get Unstuck and Attract the Life You Love*, is her dramatic story. It’s a self-help book that offers three steps to “release the past and move ahead fast” that embrace the simple finger-tapping method called Emotional Freedom Techniques (EFT).

“Tap into your own amazing powers to heal and succeed, and stay youthful, happy, and inspired past midlife,” says Westmore. “The number one secret I discovered when I set out on my own healing journey ten years ago was that to succeed with positive thinking and the Law of Attraction I first needed to heal my ‘inner child’ of anger, pain, and negative beliefs I was still carrying from growing up with an alcoholic father. I came to understand that despite years of talk therapy and studying self-help books, I was still an emotional prisoner of the past—and this was keeping my ship of life stuck on a sandbar of frustration and hopelessness.”

In *You Can Break-Free Fast*, Westmore describes how finally, in the depths of despair, she got down on her knees, sobbing, “Oh God, I can’t go on. Please let me die—or find me a purpose and reason for living.” At this time (1999), she was living in newly democratic South Africa following the release of Nelson Mandela from decades in prison, and many people—black and white—were seeking ways to heal the legacy and atrocities of the past under apartheid. “I knew that if I could heal and forgive my own past, then maybe I might be shown a way to earn a living helping others,” she says. From that moment on, her life changed completely. Westmore met and studied with many world-famous healing masters and distilled their training with her own intuitive skills into the simple but powerful “Break-Free Fast Formula” described in the book.

Central to this formula is an understanding of how the emotional brain and body’s energy system works, which is described in detail in Part 1 of *You Can Break-Free Fast*, drawing on the latest scientific research in neuroscience and medicine. Part 2 gives an in-depth explanation of the tapping tool called EFT, with case studies and diagrams showing how it works to clear fears, phobias, and traumatic memories—with a 95% success rate. “It’s like pressing the delete button on your computer,” Westmore explains, “making it fast and simple to erase negative beliefs and childhood programming keeping you stuck as an adult.” And Part 3 shows the three-step formula in action and advises readers to start with a friend, therapist, or coach before trying it alone—though it’s so easy, even a child can use it.

*In a nutshell, when you feel stuck or blocked, use Caryl’s simple three-step formula, applying one of the world’s most exciting and revolutionary energy psychology tools, called EFT, to ‘blast the past and move ahead fast.’ Why? So that you can live a life you love with passion, power, peace, and purpose.*

—Dr. Joe Vitale, Law of Attraction guru and star in *The Secret*,  
from the Foreword to *You Can Break-Free Fast*

Available online at [Amazon](#) and [Barnes & Noble](#), *You Can Break-Free Fast* offers practical, simple steps to help heal the inner child and assist those who wish to fulfill their dreams and goals to attract love, success, and health. The power of this book lies in its unique energy wellness formula, which promises results in mere minutes—results that can be life-changing. “All you need are the right tools and guidance”—and Caryl Westmore has provided these and more in this inspirational, breakthrough book.

ISBN: 978-1-4327-4027-6     Format: 6.14 x 9.21 paperback

SRP: \$13.95

Genre: Self-Help/Personal Growth

**About the Author:** Caryl Westmore BA (Hons), is a Break-Free Fast coach, writer, speaker, and seminar leader, trained in The Journey therapy (hypnosis/NLP) and emotional energy work such as tapping/EFT (Emotional Freedom Techniques). She is also an acclaimed journalist, publicist, and copywriter who has based the information in her book on more than ten years of experience and thousands of hours of healing workshops and consultations worldwide.

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