

CARYL WESTMORE BRIEF BIO

Caryl Westmore is the author of *You Can Break-Free Fast - 3 Simple Steps to Get Unstuck and Attract the Life you Love* (Foreword by Dr Joe Vitale), published by Outskirts Press, June 2009.

She is a Law of Attraction expert and creator of the three-step Break-Free Fast Formula which helps people get unstuck from anxiety and stress about money, love, success and self-worth. Many dramatic stories of "break-free-ahas" that changed lives (including the author's own) make this a page-turning self-help book with practical tools and guidance. You can find out more at www.breakfreefast.com where Caryl has a free tip sheet: "Michael Jackson - Healing Lessons that Can Heal - or Save - Your Life". She also video blogs about her life as a "baby boomer honeymooner" traveling the world with her soul mate and second husband Nick. They have homes on the Isle of Wight, UK and Cape Town, South Africa. Caryl is the mother of two grown kids and a "Go Go" (Zulu for grandparent) who likes to Twitter @Breakfreefast and update on Facebook when she's not writing, meditating, cooking, hiking, playing tennis or croquet - or in the gym.