

## **Interview: A Conversation with Author Caryl Westmore**

*How would you describe your book **You Can Break-Free Fast™** in:*

- **10 words:** You can blast the past to move ahead fast!
- **20 words:** Tap into your own amazing powers to heal and succeed with EFT tapping & The Law of Attraction.
- **50 Words:** Hope, healing and practical guidance for mid-life women stuck or struggling with the **3Ms: Money, Men and Mid-Life Crisis**. It helps to clear negative beliefs and unconscious programs jamming the success system so they can live the life they love, inspired by the **4Ps: Passion, Power, Peace and Purpose**.

**Q: How would you summarize your book? What is it about?**

**A:** The book describes a practical way to break free emotionally from negative beliefs and unconscious programs jamming the success system so that readers can use the Law of Attraction to live the life they love. In other words – it's never too late to have a "healed childhood" and be happy now.

**Q: How did this book come to be? Why did you write it?**

**A:** When you discover a secret that changes your life from despair to happiness, loneliness to love - you want to shout it from the roof-tops and help others to break free! My book shares the secret in an easy 3-step formula that is both practical and inspiring. I wrote the book I wish I'd had to guide me through the hell I went through at mid-life when everything blew up in my face and I felt my life was over.

**Q: So what's the number secret of success when it comes to breaking free?**

**A:** Finding the faulty program jamming your success system and swiftly deleting it as set out in Parts 2 and 3 of the book. It's like running anti-virus software to delete "glitches" on the computer, only in this case the "glitches" are in the unconscious or "emotional brain" and as I explain, these usually go back to childhood – to things that were said or done when we were youngsters and simply soaked up everything, whether true or not. Once you get clear, with what I call a "break-free-aha" you can sky rocket results with the Law of Attraction because you are reconnected with your authentic self and Life Purpose.

**Q: How does the Break-Free Fast Formula activate the Law of Attraction?**

**A:** Emotions are the rocket fuel for boosting your thinking to get powerful results with the Law of Attraction. Latest brain research by scientists demonstrates that when you have a strong emotion toward something, you physically strengthen your brain's neural pathways dedicated to noticing and attracting it into your life. When you carry negative messages you unconsciously expect and attract negative

outcomes. Conversely, positive intentions powered with emotional intensity plus gratitude and joy will magnetize good things towards you.

**Q: *Have you always been a writer? Tell us about what it means to you.***

**A:** Writing is in my bones. I still remember the first poem I wrote aged 7 and I've kept a "creative journal" all my life. My training and years in journalism honed my skills to tell the story as a journey of healing for myself and others with many real-life examples. For instance in Chapter 1: "The Pain to Hear a Grown Man Cry" I describe Kurt a retired man who rang me sobbing because he was ruining his life trading online and couldn't stop. In Chapter 3 I describe Mark who had an uncontrollable craving for chocolate at night and Megan who broke free from writer's block.

**Q: *Tell us about how you become a therapist, coach and healer.***

**A:** When I was publicist for healing expert Brandon Bays I took her one-year training in The Journey therapy which she created for inner child healing using hypnosis and NLP. I discovered I had a natural talent as an intuitive healer which developed into a fulltime practice as an emotional-energy counselor and coach over the next 10 years. Later, teaching advanced EFT tapping took my work to another level. I combine EFT with the powerful principles of the Law of Attraction I learned from teachers like Abraham-Hicks, Bob Proctor and Joe Vitale who wrote the Foreword for my book.

**Q: *Who is your audience?***

**A:** Anyone of any age feeling stuck or blocked with issues as varied as addictions, procrastination, writer's block, fear, pain, loneliness, money worries. However, my heart goes out to baby boomer women 40 and older who I especially want to help claim a "second chance at life" as I did.

**Q *What is your biggest hope for this book?***

**A: *Five things:***

- That it serves as an inspirational "stuck-buster" to instill hope and healing
- That coaches and therapists benefit from its insights
- That a portion of book sales enables me to raise funds for my favorite charity called NOAH which supports AIDS orphans in Southern Africa
- That it leverages me to write a ***You Can Break-Free Fast™*** book series
- That Oprah loves it!