



# SUSAN BURRELL

AUTHOR | EMPOWERMENT SPEAKER | PODCASTER

## PRESS RELEASE

### *How much happiness do you want? How much can you handle?*

Ventura, CA – In our impatient “want it now” culture when people say they want to be happier, experience less stress, feel empowered – they want it that second. They want it without doing any work around it. So, what do they receive? Answer: what they put into it. Not a whole lot.

According to a report from Research and Markets in 2016, the United States’ self-help book industry was worth about \$9.9 billion and predicted to be worth \$13 billion by 2022. With all these self-help books available, you would think the United States population would be much happier and fulfilled.

Well, author Susan Burrell is here to tell you it takes work. It isn’t enough to just read a book. You have to take action. That is why her book “Live An Empowered Life! A 30-Day Journey Book Peppared with Daily Meditations ... and Wisdoms” is interactive! Susan designed the book to give readers action steps.

She says, “Done in a consistent manner, they will create a beautiful transformation within you, with a final destination of living your most empowered life - filled with freedom, happiness and love. And who wouldn’t want that? This is a journey from the beginning until you arrive at your destination of empowerment. By that I mean that you start at the beginning of the book - no short cuts or bypassing the process. You will be leaving stuff on the trail if you do. There are affirmations to apply to rewire your mindset. There are inspiring quotes to contemplate throughout the day. Plus, journaling prompts to help you unburden your story and investigate your inner truth.”

Her book brings readers through 30 days of exercises, journaling, meditation, affirmations, and more. On her website, <https://www.susanburrell.com>, readers will find inspirational videos and Empowerment Cards, the perfect companion to the book, and to take on this journey.

After 30 days of doing deep work that takes courage and persistence, how much happiness can you handle? Guaranteed it will be more than simply reading a self-help book at the beach this summer with no action steps attached to it.

An early endorsement for the book says, “This interactive book can help anyone live life to their fullest potential.” Perhaps Susan Burrell will crash the self-help industry once everyone gets a hold of this gem and puts it to work.

To schedule an interview with  
**Susan Burrell**

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### ***Live An Empowered Life! A 30-Day Journey Book***

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