



Superheroes eat frogs instead of kissing them: life experience from a super hero in training

Sandy Colombo

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This is a story of my unexpected journey from anxiety-ridden, overwhelmed people-pleaser to a woman of strength, compassion and wisdom. It's a story of everywoman: trying to be something to everybody, juggling kids, career, marriage and self. Except that on the way to being something to everybody, I had forgotten myself. Once I understood that there was no magic pill, no miracle fix that would transform me into a superhero - let alone someone who could cope with the life I designed, I began a journey of self-discovery. I felt stuck with no options until I confronted my future, revisited my difficult past (not something I ever wanted to do) and in the process, gained understanding and a realisation that superheroes eat frogs, instead of kissing them. There was no one outside of myself who could sweep me off my feet and show me how to take care of ME. I had to become my own superhero, one step at a time! I learnt no matter the journey there is always a way forward. You will discover: 1. Simple strategies to manage stress 2. How to keep a positive mindset and stop anxiety 3. Maximise your time and energy by learning to say NO 4. Proven steps on how to tap into your inner strength and self belief. 5. How to turn your emotions into actions 6. Powerful tools to overcome guilt, anxiety and stress 7. A road map to happiness and success I am so pleased I am able to share the practical understanding that helped me to take control of my life and find ways to take care of the superhero. You can too, using the hard-earned wisdom in this book. I am grateful that our paths have crossed and that I am able to pass on to you the experiences that have transformed my life!

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