

SUCCEEDING AS A **SUPER BUSY** PARENT



75 PRACTICAL TIPS FOR BALANCING
LIFE, LOVE, KIDS, AND CAREER

NATALIE R. GAHRMANN

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Natalie Gahrmann is a published author, business owner, acclaimed speaker, and mother of 2. As founder and owner of N-R-G Coaching Associates, she works from her home-based office with clients from throughout the US, Canada, and Europe. She has helped thousands of people integrate their life, achieve better results, and create more balance, joy, and fulfillment in their personal and professional lives.

Natalie is a frequently sought-after work/life quality expert who has been interviewed for radio and television programs, including the CBS Early Morning Show and Good Morning America, and a variety of print-based magazines and newspapers, including the Chicago Tribune, NY Times, Philadelphia Inquirer, Asbury Park Press, Star Ledger, Parenting, Smart Money, Better Homes & Gardens, Good Housekeeping, Redbook, and USA Today Careers Network. Natalie is the Life Coach for Parenting Magazine. She has been featured on-line as a work/life expert at BlueSuitMom and NetWorking Moms and writes a monthly column for Moms Business Magazine and Today's BlueSuitMom. Natalie's work/life seminars move participants from contemplating opportunities to making commitments and taking actions.

A graduate of the College of New Jersey, Montclair State University, and Coach University, Natalie is certified as a professional Life & Parent Success coach by the International Coach Federation. She is a member of the International Coach Federation, International Association of Coaches, Coachville, and the New Jersey Professional Coaches Association.



OPEN NEW DOORS WITH THE KEYS TO **S-U-C-C-E-S-S**

"Natalie Gahrmann's advice is seasoned, rooted in reality, and written to inspire change for the better. This will be one of those books that you turn to for a major life overhaul, and one you return to again and again for quick ten-minute tune ups."

Melanie Berry, President, NetWorkingMoms.com, Inc.
Editor, Executive Baby Newsletter

"As a busy dad myself and an expert in Frugal Fun, I really appreciate Natalie's philosophy that the quality of your life is far more important than the size of your paycheck—and that really good time with family members is key to that overall quality. Her very practical advice is in nice, accessible chunks, too."

Shel Horowitz, Business Owner
Author of Frugal Fun and Grassroots Marketing

"One of the unique features of this book is that it is all encompassing, covering all phases and stages of a person's life. This ranges from Personal Wellness, Family Time, and Working Mothers, all the way to Professional Skills. **Succeeding as a Super Busy Parent** is more than a book to be bought and put on a kitchen shelf—it is a worthwhile investment for any parent to buy and then to read and use to find success as a parent."

Bill Foster
President of Foster Coaching/Consulting Group

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