

"Take control of your life by honoring your self-awareness..."

Turning 40 is a huge milestone—and should be celebrated. But for many people, it also comes with feelings of uneasiness. This phase of life is often filled with questioning one's identity and purpose.

Fulfillment in life, work and relationships in your 40s is attainable. Through personal experiences, Caroline Brown teaches how to make decisions, invest in yourself—without feeling guilty—and truly live life to the fullest. In her simple 5-step challenge, you will learn to tackle fears and self-doubt—and replace them with certainty and self-love.

Now is the time to say goodbye to any negative influences in your life. Stop feeling insecure and holding onto resentments. A new decade means a new chapter, and Caroline will walk you through critical steps to make sure it's the best one yet!



Caroline Brown works as an Emotional Wellness Coach in London and is the podcast host of the "Crazy Over 40s Life." It was her own journey that inspired the podcast and this book—as she found herself starting over in many facets of life during her 40s.

She loves sharing personal experiences and emotional wellness strategies with her audience—and now hopes her writing can reach many others navigating this challenging phase.

In addition to life coaching, Caroline is an Integrative Therapist and a Clinical Trauma Professional. She holds an MSC in Forensic Psychology and a BA in Social Work.

I urge all the crazy over 40s people out there to read this book. It's liberating and teaches you to be you, confidently and happily!

Dr. Priya Murthy

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THE CRAZY OVER 40s LIFE

CAROLINE BROWN

5 STEP CHALLENGE TO UNDERSTANDING



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SELF-HELP
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