

Feeling Overwhelmed? This Expert Says, "Cut Your Ropes!"

5 Steps to Feel Better...NOW

San Antonio, TX — We all have rough days when things seem a little overwhelming, but at what point does it indicate a much bigger problem? How can you know when it's time to seek help in bringing about meaningful change?

Professional success coach, author, and speaker **Dr. Dee Kite, M.B.A.** says that while scrambling to get things done may make you feel better temporarily, it won't solve your problems and can actually harm your situation. Dr. Kite regularly sees clients struggling with indecision, work and family balance issues, organization problems, stressful family relationships, dissatisfying careers, shopping addiction, and an inability to say no. She instructs clients to stop putting up with unwanted circumstances, define what results they really want from life, then take action to bring about the desired change.

Perhaps the biggest surprise to most of Dr. Dee's clients is how quickly their lives change as she uses skillful questioning to lead them to the answers and solutions within themselves. Suddenly problems that have been a burden for 15 years can be solved in 15 minutes.

Invite Dr. Dee to answer:

- How can putting up with things contribute to your unhappiness?
- Why is it sometimes better to accept something you don't like?
- How can complaining ruin your life?
- Why could keeping it to yourself be the worst thing you do?
- How is ignoring some conditions in your life hijacking your dreams?

CREDENTIALS: Dr. Dee Kite, M.B.A. is an ACC certified professional success coach, author and speaker. Her latest book, *WHAT YOU'RE PUTTING UP WITH IS HOLDING YOU BACK: 5 Steps to the Freedom You're Waiting For!* teaches people how to overcome the obstacles in life that keep them from the happiness and fulfillment they deserve. She has been interviewed by the *San Antonio Express-News*, a guest on radio stations around the world and speaks to groups across the country.

AVAILABILITY: Texas, nationwide by arrangement, and via telephone

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