

Introduction and Questions for Media

Today we have award-winning author Lynda Barbaccia on our show. In addition to being an author she is also a Life-coach, Speaker and Workplace Consultant. Today she is here to talk about why she loves her work life and her latest book **Simple Wisdom for the Not So Simple Business World**.

Questions -

What inspired you to write **Simple Wisdom for the Not So Simple Business World**?

What were your experiences in the workplace that led you to write this book?

Lynda, you're a wellness coach, life coach, workplace consultant, speaker, and author. You are a woman of many trades but it sounds like it all works together for you in one big picture. How does all this work reflect "you"? Or to say it differently, what characteristics, passions, or traits did you discover about yourself that helped you know that **this** is what you **want** to be doing?

In your book you include guided meditations for the workplace. How practical is that and do you think people will meditate at work?

Tell us about your new Ebook.

Do you have any final words of wisdom for our listeners today?

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