

## Advice Expert Releases New Book on Escaping Fear and Choosing Clarity

*From celebrated life coach and author Kimberly Giles, 'Choosing Clarity: The Path to Fearlessness' is a powerful guide for anyone who has let fear become their 'comfort zone'. Named one of Good Morning America's Top Twenty Advice Gurus, Giles is a sought-after executive coach and speaker, as well as the founder of Claritypoint Life Coaching.*

### For Immediate Release

**South Jordan, UT** – Fear is one of the most common human emotions, and is often thought of as the most insidious. Creeping into our thinking, poisoning relationships, stunting growth, fear affects all of our choices and behaviours and not for the better. For Executive Life Coach Kimberly Giles, fear is the real cause of most of our problems. If we can learn to escape our fear we can gain clarity and create more success and happiness in our lives.

"It fogs the lens through which you see your world. It essentially blinds you to your true potential and prevents you from seeing situations accurately," says Giles, author of hotly anticipated new book, 'Choosing Clarity: The Path to Fearlessness'. "Often, the people I work with have let their fear of failure and their fear of loss affect every facet of their lives – from their marriages, to their jobs. This fear creates subconscious selfishness preventing them from showing up for other people and it hindering their motivation and growth."

With 'Choosing Clarity: The Path to Fearlessness' Giles offers her revolutionary approach toward battling fear and details a simple, practical system for making fundamental changes to how people see themselves, and their lives. Giles contends that we have the power to determine our inner state in any moment and this means fear is a choice.

"In any moment, you have the power to choose your mind-set and it's an easy choice because there are only two options, fear or love" says the author. "It's that simple, and that profound." 'Choosing Clarity: The Path to Fearlessness' teaches readers exactly how to choose love and escape fear.

Synopsis:

*Has Fear Become Your Comfort Zone? Fear will rob you of peace, joy, and motivation. It will damage your relationships. It is the root cause of most problems you face. Can you even imagine a life without fear, stress and worry? Author and popular life coach Kimberly Giles has created a simple system used by thousands of people*

*around the world to beat fear and live with clarity, confidence and power. When you read Choosing Clarity, you'll discover Kimberly's revolutionary process to eliminate your fear of failure and loss, reprogram your subconscious mind and stop living on auto-pilot, feel better about yourself and your life, learn new ways to deal with people and problem, and write personal policies that create success.*

Giles' book has garnered impressive pre-release buzz from notable readers.

"This book is simple and practical – that is Kim's genius I think – to make life-changing principles simple enough for anyone to understand and practical enough for everyone to use. A definite must read for anyone seeking lasting change in their life!" - Matt Townsend, Ph.D., Relationship Coach & Radio Show Host

"This book is spot-on. Fear can freeze us from the life we are meant to live. Kim Giles insightful recipe will help everyone compile the right ingredients to live a life without fear, full of clarity and hope." - Marti Skold, Anchor News 14 Carolina

This material has given me more peace than I have had in years. I now see that I have not passed or failed the test of life, but instead completed some extremely difficult classes. This system has helped me live a life of more happiness than I have had in almost two decades. Learning to look at life through trust and love will bring you peace. Thank you for giving me my life back!!" - Jennifer Lyle, Vice President Sailing The Blues, Inc.

"Kim Giles' book Choosing Clarity: The Path to Fearlessness is not just a light bulb in support of the power of love and fear; it's a big, bright lighthouse that serves as a beacon of hope for those of us who need a practical, day-to-day, lifetime approach for addressing our fears and letting love rule. Read this book and apply the principles to your personal life, romantic relationships and your business life—the results will amaze you. Just apply it!" - Winn Claybaugh, Dean & Co-founder of Paul Mitchell Schools, Speaker and Author of BE NICE (OR ELSE!)

For Giles, who regularly hears from people all over the world, choosing is the key.

"I write a weekly LIFEadvice column every Monday, and I know that the secret to a happy life is choosing in every moment how you want to experience it," says the author. "In my book, I give people the tools they need to choose how they want to experience their life. They will find that choosing Clarity helps one to feel whole, secure and grounded – no matter the situation."

Continuing: "It's truly satisfying to receive letters and emails from people who have used this system to overcome their own fear and are now coming from a place of Clarity. It is simply the one book that anyone who wants to live a stable and contented life should read."

'Choosing Clarity: The Path to Fearlessness' is available on Amazon: <http://amzn.to/1idQKAK>

#### **About the Author:**

Kimberly Giles is a sought-after executive coach, author, and speaker. She is the president and founder of Claritypoint Life Coaching and a popular media personality. She was named one of the top twenty Advice Gurus in the Country by Good Morning America in 2010 because of her unique perspective. Kimberly lives with her family in Utah.

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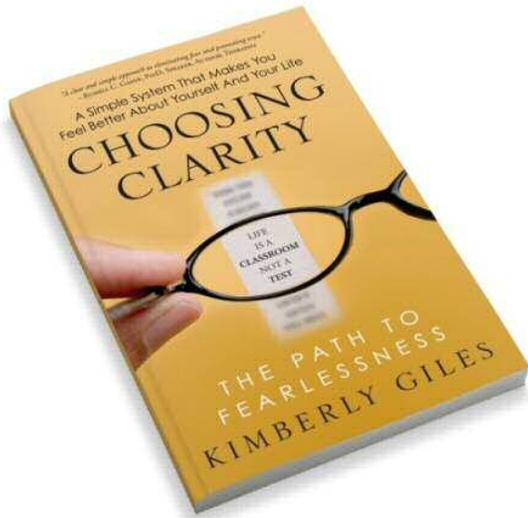
# Kimberly Giles

Kimberly Giles is the author of *Choosing Clarity – The path to fearlessness* and a sought after speaker and executive life coach. She is the president and founder of Claritypoint Coaching Inc. and the author of the Claritypoint Coaching process. Since 2002, Kim has traveled extensively

around the country, as a speaker and trainer with audiences ranging from lunch ladies to CEOs. She is known as “the most fun you can have becoming a better person.” Kim is a frequent guest on local and national TV and radio and a regular contributor to KSL TV and BYUradio, The Matt Townsend Show. She writes a weekly LIFEadvice column on ksl.com which reaches millions of readers around the world.

In 2010, Kimberly was named one of the top 20 “Advice Gurus” in the Country by Good Morning America. Her unique insights and ideas about life and relationships. She helps companies and individuals gain clarity about the human behavior, eliminate office drama and overcome the fear of failure that so often holds them back. She believes fear fogs the lens through which you see your life and prevents you from seeing yourself, other people or the world accurately. If you can’t see accurately you can’t make good decisions. She teaches a simple system for escaping fear and living in Clarity where you can create more happiness and success.

Her book shows you how to make some simple but fundamental changes in how you think about and see yourself and life – changes which change how you feel about everything else. The book gives you all the tools you need to remove fear and gain Clarity – the ability to see yourself, other people and life accurately. This book provides simple formulas and steps, which improve your communication, relationship and people skills and help you become happy, confident, whole, secure, grounded, safe and strong in every situation. It is simply the one book everyone should read.



# Segment Ideas

## Interview questions:

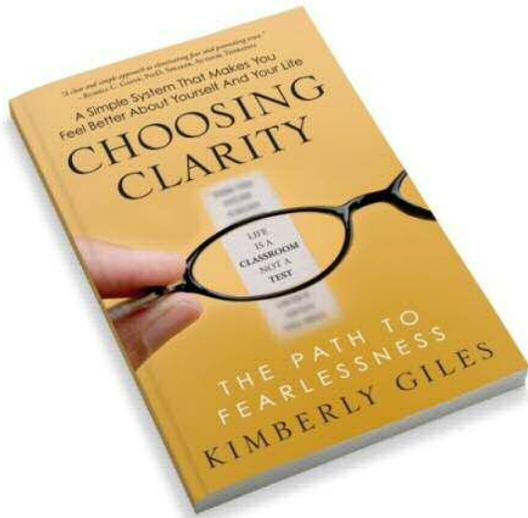
- Escaping Fear is the Secret to Good Self-Esteem
- How to Deal with Difficult People
- Eliminate Drama in the Workplace
- Raising Confident Kids
- The real cause of all your relationship problems
- Secrets that could save your Marriage

### Escaping Fear is the Secret to Good Self-Esteem

1. Can you explain why self-esteem is a fear problem?
2. Is there really a way to beat your core fear and feel better?
3. You make it sound simple but at the same time it sounds hard. Can we really do that?
4. If there was one thing you would tell viewers/listeners that would make the biggest difference in their self-esteem what would it be?

### How to Deal with Difficult People

1. So how do I deal with the difficult people in my life.
2. So how do I deal with annoying people?
3. How do we deal with people who are scared?
4. How do we deal with toxic possibly crazy people?
5. So the key is understanding human behavior so you can see these situations accurately, then you will handle them more appropriately. What would be your one best tip for surviving all the difficult people around me?



# Segment Ideas

## Interview questions:

### Eliminate Drama in the Workplace

1. Is this really a big problem?
2. This is very inappropriate behavior at work—how come people can't see bringing this to work is a problem? How do we handle these situations?
3. What can we do to cut down the drama in our workplace?

### Raising Confident Kids

1. I really do want my kids to have good self-esteem especially in this age of bullying and social media. So what can I do?
2. Learning to understand human behavior will help me teach my kids not to take things personally, and see themselves more accurately – but do you have any tools or ideas to help me do this?

### The Real cause of ALL Relationship Problems

1. So you believe that ALL relationship problems are really based in one thing?
2. Give us some examples?
3. So how can we escape fear and create more healthy relationships?

### Secrets that could save your Marriage

1. So all of us know our marriage could be better than it is and some of us have relationships that are really in trouble – but you say there are a few secrets that could help us see the problems in a new way and literally save these relationships – what are they?
2. What if I'm willing to work on these things but my spouse isn't?
3. How can our viewers/listeners find more of this information so they can really practice this?