

Shift...Or Get Off The Pot

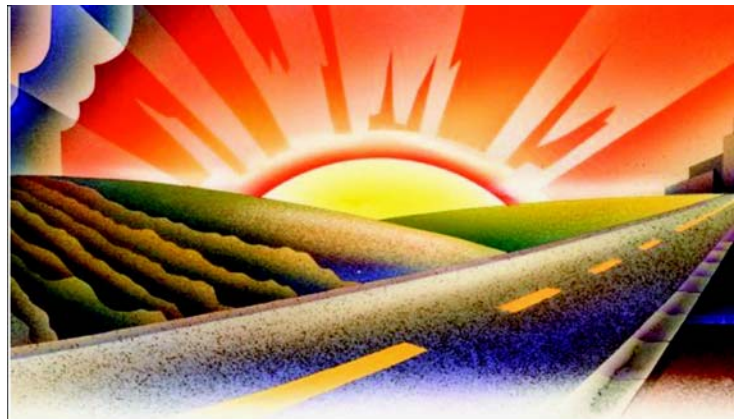
26 simple truths about getting a life

Are you shaking your head that another year is rolling along and you haven't done what you really want to do with your life? Does the word "spontaneous" in your life only apply to the latest hot flash or hair loss? If this is hitting home for you, *Shift ... Or Get Off The Pot* is the book for you!

For more than 16 years, Linda Edgecombe has been showing people how to laugh and have fun in their lives while at the same time, encouraging individuals to take an honest look at themselves. In this book, Linda helps you find the answers to these three questions:

1. Are you doing the best you can, considering everything you have on your plate right now?
2. Are you on the *deferred life plan*, waiting for something better to come along or, at least, enough energy to even think about the question?
3. When was the last time you did something for the first time? No really, how old are your stories?

Throughout this timely book, Linda encourages readers with humour while she has you reflecting on yourself and your life. She shares 26 simple truths, ideas, and tips for taking action towards *getting your life back*.



Shift... or Get off the Pot

26 Simple Truths About Getting A Life

Linda Edgecombe

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Linda Edgecombe, CSP

Linda Edgecombe is an internationally renowned award-winning humorous speaker, trainer and consultant. As a best selling author, she encourages readers and audiences as she leads them to loosen up, lighten the load and laugh.

As a professional with a degree in Physical Education, Linda brings over 20 years of recreation, employee wellness, lifestyle and corporate consulting experience to the people she connects with. She was a consultant for PARTICIPACTION promoting healthy living to Canadians and is known as one of the country's most popular speakers. Linda was featured in the **Wall Street Journal** as an expert in *shifting perspectives*.

Inside all the laughter, Linda inspires people to find the meaning in what they do and let go of what's not working. Her message is as welcome as a deep belly laugh and as profound as an honest look in the mirror.

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