

Elif Ekin

Life Coach - Author

“It may seem selfish to others for a mom to put herself first in this instance, but it is important for the mom to regain self respect and strength in herself in order to be a good example for her children.”

Bury the old life to create a new one

Best fit audiences: *Recently divorced women, Entrepreneurs*

Time to Spring Clean your life! Clear your physical space, clean your mental space, release and let go. Feel the excitement of a new beginning.

Spice up your social life & begin dreaming again

Best fit audiences: *Recently divorced women, New moms, Empty Nesters*

Re-ignite that free spirit that has lain dormant for so long! Claim that magic, feel a little gypsy swing in your hips and have fun again!

Brainstorm out-of-the-box financial solutions

Best fit audiences: *Entrepreneurs, Small business owners, Recently divorced women*

Discover other avenues of financial independence and become more mindful of what you actually need.

Move from being mostly hurt to “Mostly Happy”

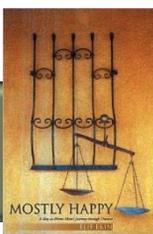
Best fit audiences: *Women in failing marriages or recently divorced*

Learn to maintain your inner strength, find your quiet spot again, and listen.

Elif Ekin is an Entrepreneur, Life Coach, and Author of **Mostly Happy: The Journey of a Stay at Home Mom through Divorce**. She has her M.A. in European History, cooks highly-addictive Baklava, as well as, Middle Eastern pastries for local cafes and special order. She also conducts various healing workshops around Salt Lake City.

Her honesty and candid sharing about her own life's challenges highlight her authentic nature. She takes great satisfaction in finding the positive in a person or situation, turning obstacles into opportunities, and makes whomever she meets feel valued, appreciated and special.

Excelling at creating alternative ideas or solutions through collaboration, she creates an exciting environment for “out-of-the box” solutions.



Book Elif to speak today!!

Elif Ekin

801-674-7047 info@mostlyhappyjourney.com

www.mostlyhappyjourney.com

"Ekin writes with intelligence and sensitivity." Blueink review May 2012



About Elif's book **"Mostly Happy, A Stay at Home Mom's Journey through Divorce"**

New Book Helps Mothers Through Divorce

SALT LAKE CITY – A stay-at-home mom comes to the stark realization that her marriage is failing and journals the heart wrenching yet soul-finding process to the end in the pages of her new book, *"Mostly Happy: A Stay-at-Home Mom's Journey through Divorce"*, Elif Ekin, iUniverse Press, 2012.

For the health and well-being of her and her daughter, she risks everything to live a peaceful life filled with joy and happiness. In a culture that doesn't speak about divorce, Ekin's book tells a true tale of betrayal, scandal, and disaster turned into a journey of peace and happiness, where she ultimately rediscovers her true self, unleashing her own inner gypsy.

Blossoming on the pages of *"Mostly Happy"* are life lessons women can take to help make their marriages more satisfying, or to find sanity amongst the ruins of divorce, helping women across the nation find their inner gypsy.

"So many women find it hard to strike out alone and file for divorce because there seems to be a stigma attached to single mothers," explains Ekin. "No one wants to talk about the silent battle stay at home mothers face when there are dissatisfied with their marriages. It may seem selfish to others for a mom to put herself first in this instance, but it is important for the mom to regain self-respect and strength in herself in order to be a good example for her children."



Her presentations are perfect for:

- Women in Business
- Divorce support groups
- Youth groups
- Civic organizations
- Domestic Violence Support groups
- Natural Wellness groups
- Natural Parenting groups

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