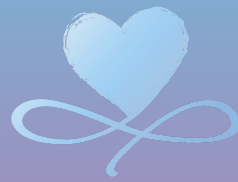




Melissa Lyons

**Award-Winning Author,
Speaker & Entrepreneur**



Melissa Lyons

Melissa Lyons can help you connect to your highest potential

and she can help you shift into the life you were meant to live, regardless of your current situation.

By uncovering limiting beliefs and guilt patterns, she leads people to reveal and connect with their authentic life purpose. Through her relevant and relatable journey of self-discovery, Melissa has endured her own undeniable inner battles and self-sabotaging behaviours. Reflecting upon her early years, she recognizes that she sought to please and conform to the expectations of others, unaware that most of the time she was ignoring the signs.

Looking back now, she says it's just so easy to see because the signs are all around us, all of the time. For decades she avoided hints, nudges and messages; she lived her life as she understood it was 'supposed' to be lived. When she least expected it, a wonderful opportunity presented itself and she was given the gift of time. Time to slow down, unwind and 'listen' like she had never listened before. She decided to take three months 'off', pulling away from work and the pursuit of a goal driven life.

The three months quickly morphed into thirty months. Melissa found that stepping away from it all and allowing one's life purpose to present itself is not something that can be rushed or controlled.

Melissa's heartwarming and profound books, ***I Will Always Love You*** and ***Until We Meet Again***, are about finding hope and love when faced with grief, loss and heartache. They have helped thousands embrace fresh perspectives during life's most challenging events.

Her current work "***Simple, Subtle Shifts***" is a series of affirmations and reflections which provide daily support and introspective guidance in as few as 10 minutes per day. This offering is a step-by-step approach to self-discovery designed to reveal and connect with untapped greatness and emotional, mental, physical and spiritual potential!





Melissa Lyons

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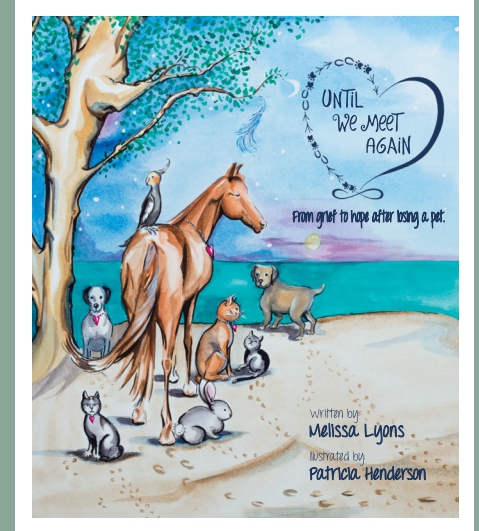
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BOOK COVERS

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SPEAKING TOPICS

SAY YES TO YOU

Go With Your Gut Not Your Guilt & Love Your Life More

THE POWER OF PRESSING PAUSE

Take a Moment to Connect to Your Intuition

STOP TRYING SO HARD

Embrace Your Passion & Purpose Instead

WHEN 'WE' BECOMES 'ME'

Navigating Life & Finding Hope After Loss

CREATE A CREATOR

Learning to Connect to Your [Hidden] Gifts & Insights

YOUR CHOICE

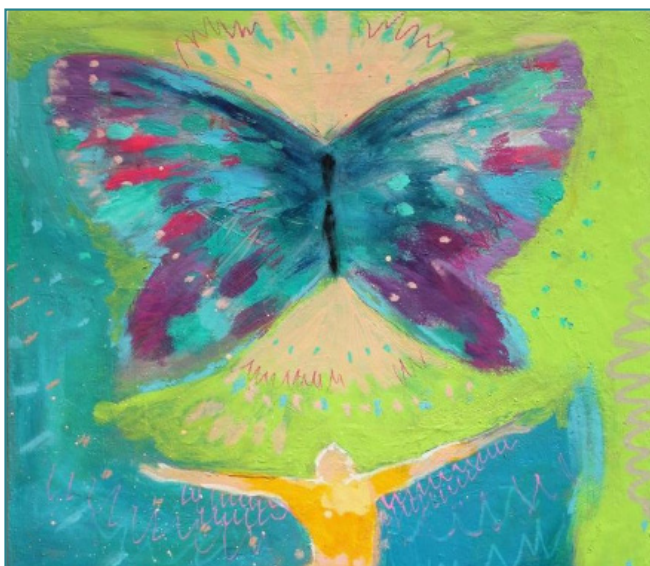
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ONE on ONE COACHING



Would you like to love your life more?

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Simple Subtle
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