



Aleasa M. Word, CLC, CEIC
Certified Emotional Intelligence Coach
Personal & Corporate Image Repair Consultant
Social Media Consultant
Author & Speaker

Welcome to Chapter II of Your Life!

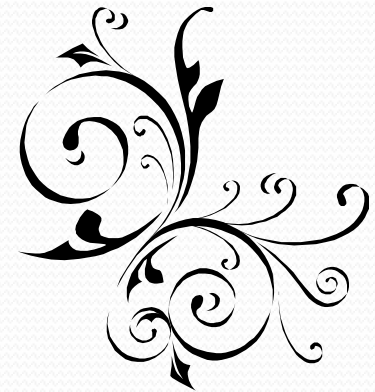
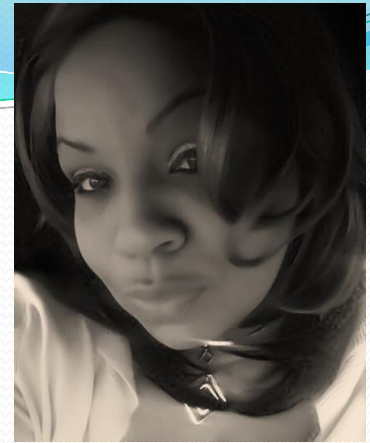
Welcome to Chapter II of Your Life,

It wasn't very long ago that I felt my choices were the definition of who I was. "The thought that things I'd done or not done, must have been indicative of my character," was a belief I owned for many years.

One day sitting on my sofa alone while the kids were playing, I had a complete breakdown. I was broke, lonely, and broken as a person. I wasn't sure how I'd pay the light bill let alone the mortgage or take care of my kids. The lifestyle we'd become accustomed to wasn't a rich one, but it was ours and we'd been comfortable. Soon after, I realized the comfort I thought we'd lived in was really one of mediocrity and filled with a settling for dysfunction as the food of choice.

On that day I made a decision. No matter how long it took or what I had to go through, I was no longer going to live without an identity I loved. Whether broke, alone or in between, I was going to love who I was, what I was and the choices I made towards making MY life what it was destined to be. I began living Chapter II of my life because I CHOSE to and so can you!

Mz. Word



Yesterday does not have to be the definition of your today - Mz. Word

Words with Mz. Word.....

Mz. Word is an Internationally Certified Emotional Intelligence Life Coach and Editor of the Raising Boys segment of The Good Men Project Digital Magazine. Her writing is regularly featured on several sites including:

WWW.BLACKLIFECOACHES.NET

WWW.CERTIFIEDCOACHESALLIANCE.COM

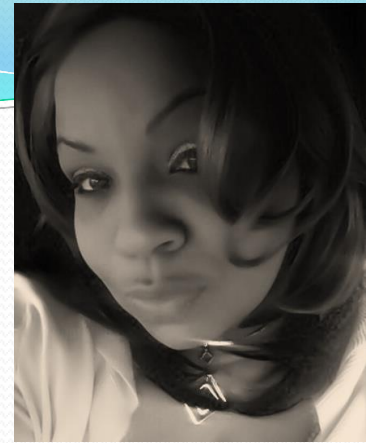
WWW.SINGLEMOM.COM

She's has had interviews in Women's Day Digital, Asthma & Allergy Today, Second Act Magazine, WDDE 91.1 an NPR affiliate and more and had work published in Clutch & Uptown Magazines.

Her interactive signature blog [The Wordallogic™](http://www.allergywords.com) found on www.allergywords.com discusses topics to help redefine logic, challenge limiting beliefs and create a cohesiveness amongst readers is read by thousands on a weekly basis! It even comes with a companion inspirational thoughts page on facebook!

Mz. Word the Author

Mz. Word's inaugural book *Get Right for Love; The Muscle Guide to Relationship Readiness* is a must have for those wanting to find and keep the love of their lives. Failed relationships are one of the largest components contributing to our unhappiness. Mz. Word says "everyone seems to be ready for a relationship, but not everyone is relationship ready." In this guide you'll find strategies to becoming the *relationship you* instead of the *every day you* through an honest look at what you really want, don't want, need and don't need.



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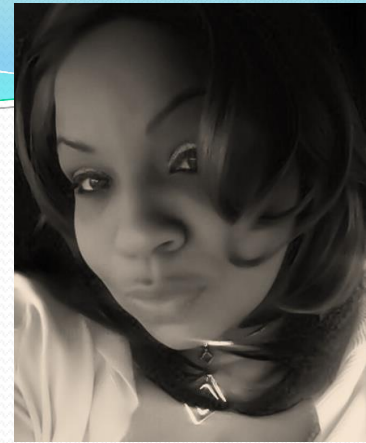
@thewordallogic

www.allergywords.com

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Mz. Word is the owner of **Allergy Words Consulting, LLC**, a full service professional coaching and consulting firm for **individuals**, small business and **corporate** clients. In addition to coaching she provides personal & corporate image repair consultative services as well as social media training.



The Chapter II For Men Coaching Program™ under the AWC umbrella caters to the unique needs of men ready to redefine their purpose. Other programs include **UnStress Me With Your Words™**, **Words of Love™**, **From Diagnosis to Living Again™** and **Chapter II Living™**



FAMSOD™, the **Food Allergic & Asthmatic Multicultural Society of Delaware** is an online support group founded by Mz. Word to support the needs of those living with or caring for individuals with life threatening food allergy & anaphylaxis with accompanying asthma.



Flowers for Anaphylaxis™ is an outreach division of Allergy Words Consulting, reaching out to the families of those lost to anaphylaxis caused by food allergy during their time of bereavement.



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Connect with Mz .Word



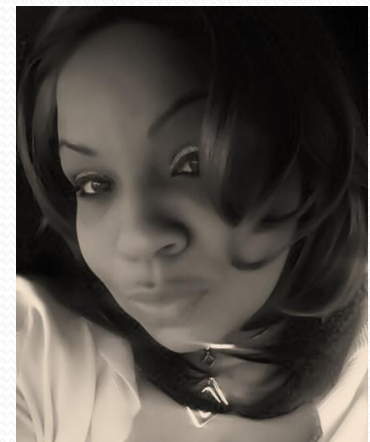
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