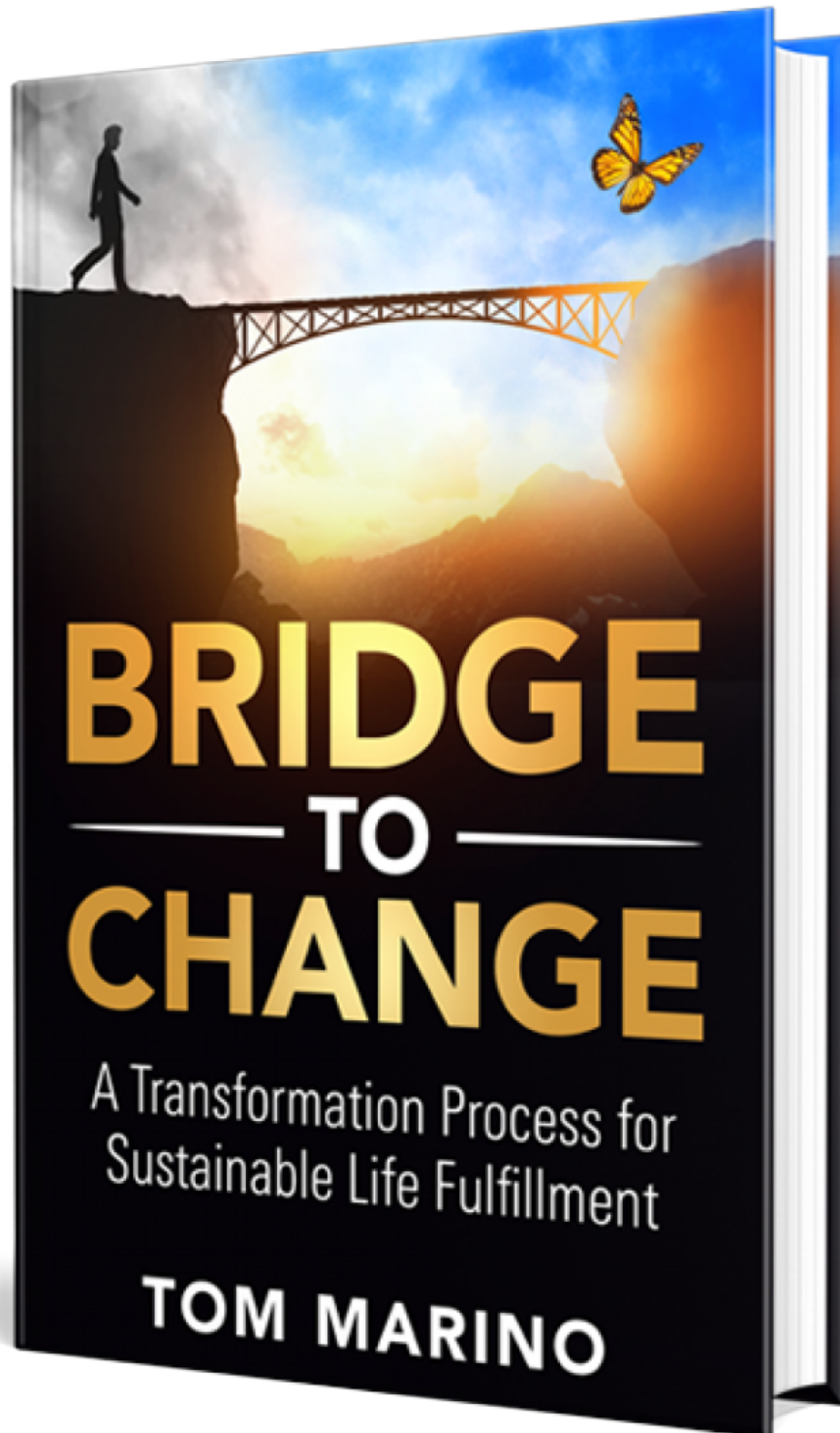


Leading Life Coach and Author Releases New Book With Details To Transform Your Life

Marino's Book Emphasizes the Step-by-Step Processes Necessary for Individuals to Find Purpose and Transform Their Lives



Long Island, May 8, 2020 (Issuewire.com) - Certified life coach and author, Tom Marino are proud to announce the release of his revolutionary new book, *Bridge to Change, A Transformation Process for*

Sustainable Life Fulfillment.

Marino's book focuses on the coaching method he's utilized during his extensive career in the self-help field to assist others in making positive changes in their lives. Each chapter emphasizes a different step in the changing process, showcasing a fresh perspective and a goal-oriented approach for individuals to help themselves and improve their lives.

"I wrote this book to help people transform their lives and practice the delicate art of self-improvement," Marino said. "In order for others to live their truth and find purpose or clarity, some change needs to be made. My goal is to help people discover that change and become the best version of themselves."

Through his experience as a coach, an executive and a mentor, Marino's proficiency as a leader has provided him with the tools to assist people with life-changing transformations.

Some aspects of improvement that Marino's book focuses on include highlighting the importance of looking inward and being self-aware enough to survey the landscape of their own lives. By having people dig into their own roots through the process of self-exploration, individuals are able to better discover their truth and purpose.

The goal of the book is to provide the steps necessary to complete a transformation in people's lives to ensure they create a life they want through hard work and an ability to envision that particular reality. Marino's experience of life coaching teaches the importance of self-care, motivation and an ability to set smart goals for the future.

Once readers have completed the book, Marino offers a back-end coaching program to assist readers in beginning the transformation process. Marino also allows the opportunity for readers to work with him directly through both one-on-one coaching and group coaching sessions.

The purpose of this opportunity is for readers to identify the necessary steps to initiate positive change in one's life as they begin the self-exploration journey to discover their life's purpose.

Set for release during the summer months, *Bridge to Change, A Transformation Process for Sustainable Life Fulfillment* will be available during the spring of 2020. For more information, please visit www.bridgetochangebook.com



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