

Karolyn Vreeland Blume

SPEAKER • AUTHOR • CONSULTANT

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OVERCOME OVERWHELM ONE BITE AT A TIME:

If you've ever felt buried in an endless to-do list or are so busy you can't even find your to-do list, you know overwhelm. It sucks the joy out of your days, keeps you stressed, worried and feeling behind. It may seem like a way of life.

Attorney and consultant Karolyn Blume shares her time-tested tools for managing overwhelm and perfectionism, served up with a dash of humor. When you finish this book, you'll have renewed confidence in your ability to not only cope with the demands of your busy life, but to master them.

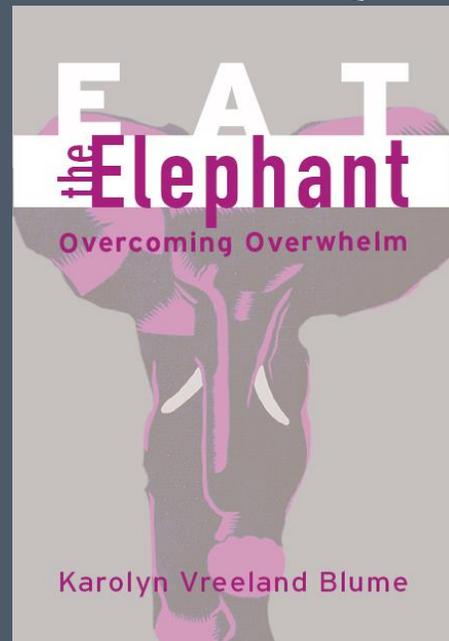
A must-read for anyone who is in overwhelm and desperately seeks a usable solution. ~Kathleen Gage, author of Power Up for Profits

The secret weapon to attaining maximum results while mitigating the stress and overwhelm that accompanies today's busy life. ~ Brian Meeks - President - Out to Lunch, Inc.

Eat the Elephant instantly transforms your relationship with overwhelm in your life or business with humor and compassion.
~ Chris Makell, author of A Smack Upside the Head

BIO:

Karolyn Vreeland Blume is an expert problem-solver and a gifted strategist. After a long career in law and mediation, Karolyn uses her keen insight as a consultant, served as an adjunct faculty member at Penn State University, and is a founding member of Mediators Beyond Borders International. She is listed in Who's Who in American Law, and Who's Who of American Women. A native New Yorker, Karolyn lives and works in the Washington, DC area, where she uses the tools in this book on a daily basis.



Eat the Elephant is available on Amazon.com

Karolyn is available for high-impact presentations filled with solid information and humor. Audiences love her real-life information and tips that can be used instantly.

To book her for your next event or webinar, call 703-243-6154