

Stephanie

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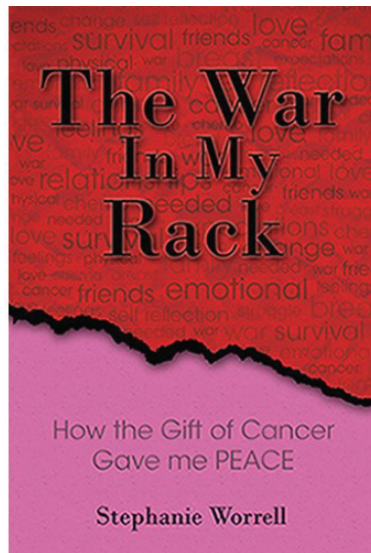
Year	Percentage
2020	75%
2021	65%
2022	60%
2023	55%
2024	50%
2025	45%
2026	40%
2027	35%
2028	30%
2029	25%
2030	20%

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Stephanie

AUTHOR



“The War in My Rack” is a must-read for women who have placed their own needs behind those of friends and family members in order to be loved and keep the peace. This book doesn’t soft pedal the horrendous realities of a double mastectomy and ten rounds of chemotherapy, yet it is ultimately uplifting, demonstrating how cancer brought the author peace and a high sense of self-worth. Thanks to Ms. Worrell’s sharing of her personal journey, all women can learn what she discovered about the true nature of friendship and love. Ms. Worrell’s inspirational book about the gift of cancer is an unforgettable gift to the reader.
— *Linda A. Glass*

Whether you’re living with breast cancer, dealing with family issues, or have some other cross to bear, I found this to be a quick, impactful, honest, meaningful read. Very well done. — *Kent W.*

The War in My Rack sent my emotions all over the place. I cried, laughed and simply related to this true life story. I have not read a book like this in a long time; one which left me with answers to questions I didn’t even realize I had. Stephanie Worrell opens up her heart and gives readers a look inside her complex life dealing with cancer, friends and family. If you think you know how to deal with a friend or relative going through a life-threatening disease, think again. Chances are you have no idea and Worrell will guide you through her pain which hopefully will give you some information you can use now, or in the future. — *Alison Miuccio*

Stephanie’s book is a profoundly honest, even graphic, account of her breast cancer experience — the good, the bad, and the ugly. Poignant and from the heart, filled with lessons for all of us about being a patient, a caregiver, a relative, and a friend. Most of all, filled with lessons about what really matters.
— *Leonora*

An inspirational story of strength in dealing with disease and overcoming adversity....the disappointment in family and friends hurt far more than Her cancer...how she dealt with it and moved on is the soul of her story... — *Noel Haeberle*



SPEAKER



Second Act: Overcoming life's adversities...

How to get back up and keep going

In this presentation, Stephanie uses her personal experiences to inspire audiences to be proactive when faced with stumbling blocks while highlighting how not TO let situations define you but how to control them for your own benefit.

Finding Your Inner Warrior:

How to unleash your full potential (EMPOWERMENT)

What makes you happy? Commonly individuals wish for immediate fulfillment. In this segment, Stephanie helps the audience identify true happiness and how to achieve the goals to becoming happy while understanding that time is a key component to reaching this peak.

HEALTHY RELATIONSHIP DEVELOPMENT

How to identify toxic relationships before crisis:

Achieving balance in interpersonal relationships.

Knowing every relationship has its ebbs and flows, Stephanie gives steps and tips on how to identify healthy and unhealthy relationships. Stephanie believes being honest with yourself is the first step! In this presentation, Stephanie helps the audience determine how to recognize what they want out of a relationship, further, posing the question: Are these relationships living up to the wants and needs of the individuals involved?

WOMEN IN CORPORATE AMERICA


PSA: We can't have it all! Stephanie describes her experience in corporate America and offers suggestion to those currently working corporate positions and those striving for corporate positions while alluding to the largest concept of sacrificing to achieve your goals.




CONTACT

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