



www.AnastasiaTurchetta.com

Cell: (252) 202-9319

Take What You Learn & Make A Difference
With It

The Highway To Health: How To Drive Your Life & Work Successfully In A Switchback World

Many of us are running on empty in our personal lives and careers. The quest for daily life balance crashes into a wall of resistance simulating the pain of whiplash. Escape the mind numbing traffic congestion and lean into the curves of vulnerability & profitability.

The routes to your success are paved from the path of resilience. The highway to health is an empowering adventure to fuel your soul.

- 1) How To Drive Through Fear Instead Of Test Driving It
- 2) Roles For Riding Shotgun & When It Really Matters
- 3) 3 Strategies for Daily Productivity Whether You Are The Windshield Or The Bug