

## BOOK FACT SHEET

# Strength to Deliver

How to revive and give birth  
to your interrupted dreams



**Tolu Adeleye, Ph.D.**

**CATEGORY:** LIFE-COACHING/PERSONAL GROWTH

**TITLE:** STENGTH TO DELIVER

**SUBTITLE:** How to revive and give birth to your interrupted dreams

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Synopsis:

***Strength To Deliver*** provides you with tools needed to breathe new life into a previously abandoned dream and ultimately realize that important goal in your life. In most cases realizing that interrupted dream is essential towards fulfilling your life mission. Thus, having it in an abandoned state does not work well towards your total well being. The book illustrates the concepts using examples of interrupted career, relationship, personal development, leisure and legacy dreams.

Using the imagery of childbirth you will learn how to re-conceive your dream, grow it and ensure that is safely delivered during this new attempt.

Strength Deliver empowers you to look beyond past failures and take a second/third/fourth.... chance at realizing an important dream. Realizing such previously abandoned goals will give you a new zest for life!

#### *Strength to Deliver*

- Equips readers to birth their dreams
- Provides strategies for finding fulfillment in life
- Wide range of dream categories covered:
  - Career/business dreams
  - Personal development dreams
  - Relationship dreams
  - Spiritual dreams
  - Leisure/Sports dreams
  - Health/Fitness dreams
- Illustrated with case stories of men and women from all around the globe.
- Provides renewed hope for success despite past failures
- Great insights for readers attempting a goal for the first time

## AUTHOR'S PROFILE



**Tolu Adeleye, Ph.D.** author, speaker, life-coach and consultant evokes excellence in people by helping them to birth their career and personal dreams.

She enjoys working with men and women over 40 who are listless and searching for a missing element in their lives. She is passionate about helping them to find renewed purpose and ultimately, fulfillment in life.

Tolu also loves working with people who are facing hindrances in realizing their life's dreams due to social and cultural norms. She seeks to reach out to those who are not 'allowed to dream' due to cultural beliefs. Her desire is to provide tools and resources for such individuals to overcome their barriers and achieve excellence in their lives.

As host of *Strength to Deliver* radio, Tolu empowers people worldwide with messages of courage and hope.

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Why it is important to re-consider  
your interrupted dreams

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