

What people are saying about the Well-Being Guide

"An eye-opening guide for those who are ready to grow in all areas of their life."

-Kayla Waller, AVP, Client Account Manager

"There is a notion that all unhappiness stems from your addiction to what you expect to happen and how things should be. It's quite simple, the 7 areas of life that Eric covers will inspire you, and if you choose to embrace them, "Freedom" to happiness is upon the horizon."

-Jim Kaminski, SVP, Virtual Solutions and Innovation

"Eric is an outstanding coach who came into my life at a time when I really needed him. His new book is a perfect distillations of countless hours that we've spent together. Nobody has enough time and we are all too distracted...But you have to do the work if you want to change. The *Well-Bring Guide* is a field manual to guide your journey and keep you on track."

-John Habanek, VP, Regional Sales Director