



Achievement: **Coming Home to You** by Mary McGuire is out now, available from Amazon, priced £12.95

ABOUT THE AUTHOR

Mary McGuire is a long-time transformation consultant for global companies, previously working as a Social Worker with some of the most disadvantaged areas of the UK. Mary holds a BA (Hons) in Social Work, An MBA in Business and an MSc in Organisational Development. Her focus is now on personal transformation and she provides her expert advice on learning how to handle your emotions and accept change. She offers a unique insight into how we can handle our emotions in a more positive way and live a more fulfilling life.

**NEW
BOOK**

Real life lessons: From hardship to happiness

COMING HOME TO YOU REVEALS THE UNLIKELY JOURNEY FROM A TRAUMATIC CHILDHOOD TO PERSONAL FULFILMENT AND BUSINESS SUCCESS

Mary McGuire spent her childhood being bullied in an inner city school, living with an alcoholic father, a neurotic mother and a sister with Autism.

In her new book *Coming Home to You*, she tells her powerful story of personal transformation – from living with poor Irish Catholic parents, and dealing with childhood bullies to discovering and admitting her sexuality and becoming a successful businesswoman – and we are taken with her every step of the way.

The book not only deals with difficult topics but also provides practical lessons on how our own troubles can be transformed into a path of happiness and success. Mary draws on her experience as an international change expert, a social worker and personal coach to help people to successfully navigate the challenges of modern life.

Coming Home to You is a touching guide which shows us that our troubles can make us stronger. The reader learns about the skills

needed to thrive in life, through Mary’s honest examples of her own hardship:

- **RESILIENCE** – Bullied throughout her childhood, Mary learnt how to bounce back and keep going when she was ‘knocked’ down.
- **COURAGE** – Mary chooses to ‘come out’ and faces an ultimatum from her parents.
- **BEING AUTHENTIC** – In her book, Mary tells her story of self-discovery and coming to peace with herself and who she really is regardless of others wanting her to change.
- **POSITIVITY** – Despite having an alcoholic father and a highly anxious mother, Mary learnt to stay positive and see the best in situations.
- **CONFIDENCE** – Mary learns to accept and embrace herself, her own body and life

With practical exercises, this enlightening guide helps you to accept the nature of change, release negative emotions, and live in the present.

READY TO SPEAK TO THE MEDIA:



Mary McGuire

Mary McGuire is a talented transformation consultant who is an expert in personal transformation. She is available for interview, expert comment and by-lined articles on a number of topics including:

— Calm your inner critic: How to tame the voice inside your head

— Are you being bullied at work? How to spot it and stop it

— Coming Out to a Catholic Family – how it changed my life and made me stronger

— Leaving the past, looking to the future: How to accept change and move forwards

— New habits, new life: How changing your habits can change your Life

— How having an alcoholic father led to my success

— Making peace with your body: Learning to have a positive body image

— Bouncing back: how to be resilient when things go wrong