

**Karen Gridley is The Excuse Removal Expert™.** As a former scientist following step by step procedures combined with the fact that she herself is a **Recovering Excuse Maker™**, makes Karen uniquely qualified to talk about removing excuses to achieve success.

As a business owner, professional speaker, coach and author, she empowers people providing practical tools and solutions in order to achieve optimal performance. Karen gets people out of their own way to take control of their business and their life.

She is the best selling author of *Embrace Your Rights*, as seen on Lifetime Television's *The Balancing Act*. Please welcome,

**The Recovering Excuse Maker™ . . . Karen Gridley**