

# Coaching with Pam

**Does alcohol keep you from doing the things that you want to do in your life?**

**Do you wake up in the morning and you can't remember what you did the night before?**

**Do you hide how much you are drinking, even from family or friends?**

**Have you tried to cut back or quit drinking but just cannot do it?**

**Do you wake up with a sense of shame or guilt that you have done something wrong?**

**Do you feel disconnected from the world around you—like no one can see the real you?**

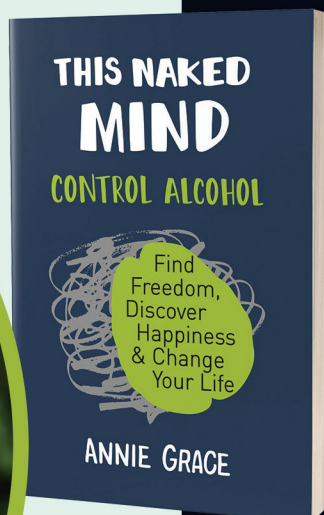
**Are you afraid that someone will discover your secret—and you feel like an imposter in your own life?**

**Do you worry that alcohol is negatively affecting your health, both physically and mentally?**

**Good for you for taking a step toward achieving more happiness in your life!**

It might not feel like it right now, but you are capable and wise enough to make the changes that you want. Let's take an honest look at your relationship with alcohol.

If you answered yes to even one of these questions, I believe that you could benefit from taking a look at alcohol in your life. Before I discovered This Naked Mind, everything in my life was affected by alcohol. I lived what appeared to be a normal life—I worked and nurtured, laughed and sang—but I was not living in truth. If alcohol is holding you back from the life that you want, please believe that there is hope—change is possible—and you hold all of the answers within you. You are enough. This Naked Mind methodology can show you how to achieve the life that you deserve. If you are ready, I invite you to learn more about how you can take control over alcohol and live the life that you were created to live.



**BOOK A  
FREE  
DISCOVERY  
CALL**

Take a **FREE 30 minute** discovery call

[www.CoachingwithPam.com](http://www.CoachingwithPam.com)