



Reclaiming My Soul From The Lost and Found

Lisa Whaley

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At one time, Lisa Whaley had it all. Or did she? As a wife, mother, and successful IBM executive, Whaley spent years trying to achieve the kind of success that others expected from her and that she demanded from herself. Yet, when she found herself dealing with an out-of-control teenager, a marriage collapsing under the pressure, and her own serious illnesses, she experienced a level of despair she never thought possible and ultimately considered the unthinkable. In the disarmingly candid *Reclaiming My Soul From the Lost and Found*, Whaley shares the personal journey that took her from personal and professional triumph to utter anguish and her desperate attempt to save her daughter's - and her own - life. She reveals the decisions and actions that not only led her to lose sight of her soul, but that also allowed her to heal. She tells a cautionary tale for women who strive to find balance between family and career and shares her own ten guiding principles to finding synergy between life and work. By exposing the trials and tribulations that she faced and eventually overcame, Lisa Whaley hopes that she can help others find peace and accord in their lives.

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