

# 21 Days to Change Your Mindset and Change Your Life

*New Author Seeks to Help People Experience the Success and Fulfillment They Desire*



**TORONTO, ON** Oct 22, 2014 – Do you want to change the outcomes you are experiencing with your plans and goals, and take your end results from being good to great? Are you tired of dealing with procrastination, fear of failure or finding the time and resources you need?

On **Thursday, Oct 23** inspirational speaker, change consultant and John C. Maxwell certified coach **Yvonne Ruke Akpoveta** ([www.oliveblue.com](http://www.oliveblue.com)) will be releasing her first book, **The Change You Want! Change Your Mindset and Change Your Life** ([www.TheChangeYouWant.net](http://www.TheChangeYouWant.net)), which will provide its readers with powerful steps to use on a daily basis to help drive the outcomes they desire in their career, business or life. Speaking with Yvonne, she shares that:

“As someone who struggled with some of my goals I had to take a step back and determine why, and in the process, I identified the critical role that mindset had played in both my successes and my failures. This led me into further research and writing this book, which I made every effort to simplify the concept of mindset in order for anyone to easily pick and apply to take their outcomes from good to great!”

Each chapter focuses on key principles, which will help its readers form building blocks to create a winning mindset. From chapters such as “Renew,” “Proactive,” “Growth” and “Persistence” this book is bound to provide the day-to-day tools needed to create the change you want.

## **About Yvonne Ruke Akpoveta**

Yvonne Ruke Akpoveta is an Inspirational Global Speaker, Change Management consultant, and Certified John C. Maxwell Coach & Teacher on leadership principles.

She has worked with individuals, entrepreneurs, and organizations to implement change, drive results and achieve their goals.

She holds a BSc Honours in Business Information Technology & Marketing, and an MBA with Warwick Business School, England. Her international experience—Europe, Africa and North America—has afforded her exposure to diverse business environments and a proficiency in thinking outside the box.

She has received several awards in the past; including 'Young Entrepreneur' of the Year from the 'European Federation of Black Women Business Owners' and Shell Livewire Business Prize Award for new business development, but her greatest reward is helping others achieve the success they want.

You can find Yvonne on:

Facebook: <http://www.facebook.com/oliveblueinc>

Twitter: <http://www.twitter.com/oliveblueinc>

YouTube: <http://www.youtube.com/ChangeYouWantTV>

**For further inquiries please contact:**

Jessica Alex

Book Publicist

Upon A Star Books

[pr@uponastarbooks.ca](mailto:pr@uponastarbooks.ca)