



THE CITY OF SAN DIEGO
San Diego Public Library

FOR IMMEDIATE RELEASE
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CONTACT: Lynn Whitehouse
619-236-5821

LOCAL AUTHOR GLORIA BOILEAU TO DISCUSS HER BOOK “STOP THE FEAR” AT THE SAN DIEGO PUBLIC LIBRARY

SAN DIEGO-The San Diego Public Library will host an author talk with Gloria Boileau on *Stop the Fear* at 6:30 p.m. on Wednesday, December 17, in the 3rd floor auditorium of the Central Library, located at 820 E Street in downtown San Diego. This event is FREE to the public.

Imagine a world where you live without fear. That world can be yours! Gloria Boileau’s *Stop the Fear: Finding Peace in a Chaotic World*, is a life-changing book that will “stop the fear” in your own life. Find your way out of fear and into peace. If you are living in fear, it is time to emerge from the shadows and embrace a life more enriched and complete than you ever could have imagined.

Stop The Fear will show you how to: surmount your worst fears, eliminate the voices of self-doubt, realize your potential, take charge and stop feeling overwhelmed, become empowered, and find and fulfill your purpose.

Gloria Boileau is an executive coach and a former trial specialist, preparing witnesses and clients for jury trials. A renowned international speaker, Boileau has created proven methods to achieving peace in our lives. Techniques such as breathing in new life, releasing the past, detaching from drama, freeing your mind through meditation, and having more fun are helping people all over the world learn how to identify, distance and eventually conquer fear. She lives in San Diego, California.

Audience can field questions to the author after the presentation. **Parking meters are free after 6:00 pm and other pay parking lots are available in the vicinity of the library.**

Learn about other events at the San Diego Public Library’s Central Library and 35 branches, find links to numerous additional resources, or search for materials in the Library’s catalog online at www.sandiegolibrary.org.

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