



Labbe Health Center

January 5, 2013

To whom it may concern,

I have thought about writing a book, and have been encouraged by patients for years to write. I could never get off the dime until I met Areila!

Areila easily broke down the process, blazed the trail, and gave me concrete direction. Her ability to communicate and motivate, how to "get started", stay on track, and finish in a timely manner enabled me to implement concepts, and keep moving forward.

From her mega celebrity rolodex, Areila introduced me to other key professionals in the book world. Areila is brilliant at teaching how to write and structure a book. It was comforting to know that her professional eye was overseeing collateral issues such as design, marketing, legal concepts, branding, even how to have a great book signing event.

I will always be grateful that through Areila's seasoned confidence, connections, hand holding and expertise I was able to bring I'm not Lazy, Crazy, Frigid or Finished to market.

Best,

Dr Joni Labbe

D.C., CCN, DCCN