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Coaching, education and support in healing from a narcissistic parent.

Author of GHOST MOTHERS: *Healing From the Pain of a Mother Who Wasn't Really There*

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I'm thrilled to write this letter of recommendation for Ariela Wilcox, who has provided considerable structure and momentum in helping me to develop my passion for helping others.

Specifically, she successfully coached and guided me to write the book that I had longed to write for years. In taking both a personal and professional interest in what I had to say she worked directly with me for many, many hours, in terms of how to organize my ideas, structure the book, and include information I wouldn't have thought of. We worked in person, online and on the phone. Our brainstorming sessions were always productive and helped me to come up with new material, and ways to express it in writing that I wouldn't have come up with on my own.

The truth is that I would not have created this book, would only have thought about it, without the investment that Ariela made in shaping my ideas into book form. Many times I wanted to give up, but her efforts kept me going. Many times I felt that I'd written all that I had to say, but this amazing woman helped me continue to 'dig deep' to come up with even more. The result is a book that I'm very proud of, and that is providing important and valuable learning to others.

In addition to guiding me to bring *Ghost Mothers* to life, Ariela helped me significantly on a personal level, to increase my belief in myself and my ability to do this important work. And, she has further helped on a professional level by explaining to me numerous, elegant ways to present this work to clients and other mental health professionals, and how to make money doing so.

In summary, I HIGHLY RECOMMEND taking advantage of all that Ariela has to offer. She is an amazing agent, writer, editor, businesswoman, and creative spirit, and I have learned so much from her - far more than I anticipated. If you are ready to move your life and career to the next level, make that *several levels*, she will help you to do so.

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