

Learning to Live 'Full-Throttle' at Any Age

A sudden and spontaneous motorcycle purchase serves as the opening to "Repotting Yourself: Financial-Emotional-Spiritual Flow," a novel about a journey of personal transformation for 60-year-old Mary Lou Dobbs.

"I accidentally removed my hand from the motorcycle throttle while in first gear. The next instant I was slammed onto the garage floor, the air knocked out of me, with a 500-pound motorcycle covering my body.

"The owner anxiously asked, 'Are you still going to buy it?' I jumped up, dusted off my jeans and responded, 'Absolutely!'"

The motorcycle incident became a catalyst for Dobbs to open her eyes to her self-imposed "root-bound" life dedicated to staying small and fitting in. At 60 she broke free, which included ending a 10-year relationship, and embarked on a journey that led to live life full throttle.

"I was starved for a bigger pot, an opportunity to grow full and strong," she said. Repotting allows you to become a continuously expanding vessel from which you can create the



Mary Lou Dobbs on her BMW motorcycle

space you need to grow and flourish. It will ignite a spark of inspiration in you and put you on your path to fulfill your destiny.

In turbulent times, when so many are working harder and longer, Dobbs' story inspires readers to transform their own lives.

Mary Lou Dobbs Booksigning Party

Date: Friday June 4, 2010

Time: 7:00 PM

**Where: Albuquerque for Spiritual Living
2801 Louisiana Blvd NE**

Cost: \$25 entrance fee includes book and proceeds donated to Pediatric Brain Tumor Foundation and Ride for Kids which funds the search for the causes of and cures for childhood brain tumors

RSVP: 505.884.0066

