



**Gulp!**

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***A seven day crash course to master fear and breakthrough any challenge.***

**By Gabriella Goddard**

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Every day, thousands of people around the UK confront a challenge, one that requires them to step outside their comfort zone and brave the unknown. They feel the fear in the pit of their stomach, yet deep down they know it's time to bite the bullet and meet it head on.

**Gulp!** is the ultimate remedy for anyone in a panic about facing that challenge. Maybe you've had a life-changing event – a serious illness, divorce, redundancy or bereavement - thrust upon you, completely out of the blue and out of your control, and you have no choice but to embrace it. Or maybe you're simply tired of being stuck in a rut and feel like it's time to do something a bit different and radical. Whatever your situation, and no matter how big or small your challenge is, if you believe that you can get through it and you will.

There are so many self-help books out there, so why should you buy this one? Self-help books generally focus on specific problem areas, but **Gulp!** can offer you so much more. It is the first book in this genre to focus specifically on facing challenges. Once you have this book you needn't buy any other self-help book again!

**Gulp!** is a practical, effective everyday guide designed to inspire real people to make real changes. Gabriella's no nonsense style leaves little room for excuses and will advice, tips and techniques will show you how to overcome the endless second-guessing, insecurity and fear of failure that leave you forever on the precipice of change.

She will share with you:

- Quick fix tips and longer term action plans on everything from dealing with fear of change, to shedding negativity from your life and learning why it's so important to create a calm space in your mind and body before you can move forward.
- Motivating quotes and case studies by and about inspiring people, both famous and unknown: from Ellen Macarthur and her record-breaking round the world yacht race, to a man who learnt to overcome crippling lack of confidence at work; from Jamie Oliver and

his mission to change the nation's school dinners to a woman for whom losing her business spurred her on to walk a 500 mile pilgrimage route through northern Spain.

Whether you want to achieve results in seven days or take your time and do it over several months, here are the 7 daily principles for turning your Gulp! moments into opportunities for success:

**Day 1: Dare & Defy**

Face your challenge head on. Explore the positives and move past the 'pivot point'.

**Day 2: Breakdown & Breakthrough**

Transform your fear from a brake that holds you back, into an accelerator that propels you forward.

**Day 3: Centre & Connect**

Learn how to silence your mind so that you can connect to your deeper wisdom.

**Day 4: Imagine & Invent**

Expand your mind and change your view from 'what is' to 'what could be'.

**Day 5: Plan & Prepare**

Know what you know, and then find out what you don't know. Plan, prepare and practice.

**Day 6: Focus & Flow**

Learn how to be in the flow. Sharpen your instinct and intuition and use them to guide you.

**Day 7: Gulp! & Go**

Tie up any loose ends and then make the final leap. It's Gulp! time.

**GABRIELLA GODDARD** is an author, international speaker and executive coach. After 15 years working in international marketing roles around the world, she made a Gulp! decision and retrained in leadership coaching. Now, as the founder of Goddard International Ltd, she has helped thousands of people to face their fears and step up to the challenges in their life. A popular speaker, Gabriella is regularly quoted in the national press and on radio and television. For further information about Gabriella and the Gulp! philosophy visit [www.gulptime.com](http://www.gulptime.com)

*Gabriella Goddard is available for interview or to write articles. For further information or to request an interview please contact Maria Adam at [media@gulptime.com](mailto:media@gulptime.com)*