



“[A] roadmap to happiness and balance.” —*Publishers Weekly*

Life's 2% Solution

Simple Steps to Achieve Happiness and Balance

Marcia Hughes

Foreword by Geil Browning, author of *Emergenetics*

For the millions of seekers of a meaningful life, *Life's 2% Solution* offers a bold new plan for taking control of one's own happiness. Simply put, commit just 2% of your time each day to following a compelling plan and you will realize the transformative power of the 2% Solution.

In just 30 minutes a day, following a powerful 10-Step Action Plan, this journey of self-discovery puts a simple yet powerful 2% principle into action. Building on the work of eminent thinkers and researchers in the areas of emotional intelligence and whole-mind thinking, Marcia Hughes has successfully

introduced a new way to connect with your core strengths and values, balance productivity and reflection, and fully integrate passion with action.

Chock full of step-by-step tools and inspiring tips, *Life's 2% Solution* serves as the perfect life coach at your side. Featuring:

- **Discovery of your Esprit d'Core**, or your spirit at the core of your being
- **A 10-Step Action Plan** designed to help you reach your goal
- **2% in Motion** profiles, which feature true stories of how to implement a 2% Project to achieve *Life's 2% Solution*
- **Defining Moments**, which highlight key concepts and definitions
- **Exercises and Quizzes** to help you identify your strengths and weaknesses and give you a personal inventory of the road ahead
- **Inspirational Quotes** to buoy you along the way

BOOK MARCIA!

Workshops and Keynotes **“Claim Your Life's 2% Solution”**

Amaze your organization with a key-note speech, or guide employees through blind spots and low lights in their careers through transformative workshops.

Highlights/ Benefits

- Discover your Esprit d'Core
- Engage the 10 step action plan
- Recognize how to live with Passionate Equilibrium
- Work with exercises and quizzes to guide living with Happiness and Balance

Life's 2% Solution presents a field-tested process and proven techniques and tools for fully integrating our professional and personal selves that cuts across all professions and multiple generations—from recent grads to soon-to-be-retirees.



MARCIA HUGHES has helped individuals from all walks of life achieve profound results from the 2% process. She is founder and president of Collaborative Growth, a Denver-based consulting and training firm whose clients include American Express, California Casualty, Medtronic and the U.S. Department of Interior. A certified trainer in the powerful Bar-On EQ measurement tools, she also is co-author of *Emotional Intelligence in Action* (2005).

Contact Marcia at 303.271.0021 mhughes@cgrowth.com
<http://www.cgrowth.com>