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Book Erika

Rothenberger is a seasoned corporate professional, global wellness leader, and published author on a mission to guide audiences toward the life they aspire to live.

Seeing Yourself Worthy: Explore strategies to break free from self-doubt and embrace the audacity to pursue your dreams.

Laser-Focused Wants: Discover the power of laser-focused goal setting and identify your true desires.

Maximizing Your Day: Learn the art of maximizing your day for optimal efficiency and ensure each moment contributes to your overall success.

Defending Your Time: Understand the importance of defending your time and priorities and learn to set boundaries and eliminate distractions.




Eliminate the Comparison Factor: Break free from the comparison trap and clarify your unique path while celebrating your journey.

Overcoming the "What Will Others Think" Mindset: Shift your mindset from worrying about external judgments to focusing on your growth.

Embrace the Audacity



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You can have it all!

