



Lucie dickenson

AUTHOR SPEAKER COACH

about lucie

Lucie Dickenson is an author, blogger, speaker and coach. She graduated Monmouth University in 1990 with a BA in English. She worked for over 15 years in management for a Fortune 100 Company, but left rather dramatically due to anxiety. In 2007 she began her quest for healing the anxiety that plagued her while simultaneously blogging and educating herself about her illness. Lucie currently owns Love Always, Lucie, a company that is centered around self-love, acceptance and helping others.

schedule

Lucie is available for speaking events and interviews. Contact her for availability.

social media



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the book



synopsis

Anxiety can be your greatest blessing. Lucie didn't believe that for a minute. But then she did. From trying new cutting edge energy healing techniques to shutting down a department store to find her family, Lucie went to extreme measures to find her center. She went through over \$100,000 looking for that "holy grail of healing" only to come home to herself. It was in that space she began to understand anxiety was not a dragon to slay, but a blessing to behold.

publisher

Inspired Girl Books
Jennifer Tuma- Young.
www.inspiredgirlbooks.com

"Raw, real. heartbreaking and funny, this book puts you into the heartbeat of an anxious person. Anxiety may be the theme of Overreacting, but the emotions Lucie experiences are universal. There is no "neat tie it up in a bow" ending with a perscription to make you better. Lucie's message is one of embracing (not fixing) who you are, while allowing yourself to change and grow"

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