



**LIFE-TRANSFORMATION EXPERT RACHEL KARU,
Producer of CD: *Stepping into More***

WHAT: Empowerment coach Rachel Karu, MS, ACC, is proud to announce the release of her new CD *Stepping into More*. The CD is a companion to her autobiographical self-help book *Stepping into More – Lessons from a Recovering Perfectionist* (<http://amzn.to/1S4Y5mr>). Rachel is available for both interview and song -- to inspire your listeners to work through their fears, embrace their most cherished passions, and go for it.



WHO: Despite Rachel's success as a coach, speaker, and trainer, she had kept her deepest passion – to be a singer – hidden for over 20 years. A series of events starting with a car accident sparked Rachel on a quest to lead a more integrated life that includes joyful self-expression through song. Rachel earned her Master's degree in Counseling for Business, is a certified coach, and is the owner of *Stepping into More* – a professional and personal growth company. A sought-after coach, keynote speaker (who sings!) and corporate trainer, Rachel's clients include Facebook, Disney/ABC, Nestle, Mattel, The Braille Institute, Raytheon, and the U.S. Navy.

THE CD: This CD is Part two of Rachel's *Stepping into More* Project. Part one was publishing *Stepping Into More – Lessons from a Recovering Perfectionist* (<http://amzn.to/1S4Y5mr>), and Part three is her forthcoming one person show. Rachel will share many meaningful songs referenced in the book and some new ones as well that will move and inspire you to Step into More!

FOR PURCHASE: CD Baby

PRICE: CD \$14.99 Downloads: .99

INFO: Visit www.steppingintomore.com and to hear Rachel sing, go to: <http://www.cdbaby.com/cd/rachelkaru>

BOOKING: Contact Rachel Karu (310) 441-1104
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