

# ***Catherine Towne-Coleman, LPC***



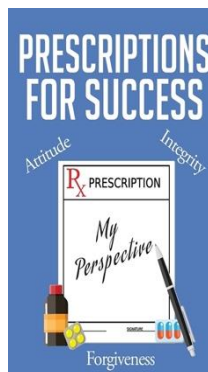
## ***Brief Author Bio***

*Catherine Towne-Coleman is the Owner of Wisdom Counseling Firm, LLC . She is a Licensed Professional Counselor who provides therapy to Clients through Nationally recognized platforms for BetterHelp and Psychology Today. She is fulfilling her life's purpose of "Helping Others "and "Inspiring Success".*

*She is the former Vice President for Student Affairs at East Arkansas Community College, where she served since its inception. She received her Bachelor of Science degree in Elementary Education at the University of Arkansas Pine Bluff and her Master's degree in Counseling at Arkansas State University. She also graduated from the Kellogg Fellows' Program. She earned additional hours from Arkansas State University, the University of Memphis and the University of Arkansas at Little Rock in Higher Education Administration. Catherine is the author of three books: Prescriptions for Success: My Perspective; Successful Financial Planning; and Parenting: What Will Your Legacy Be?*

*She serves on many professional boards and is a member of many professional organizations including the American Counseling Association. She is a member of Alpha Kappa Alpha Sorority-Eta sigma Omega Chapter.*

## ***Brief Book Synopsis***



*This book is designed to stimulate our thinking and to remind us of what we already know for the most part. Hopefully, it will help us develop a greater value system and recognize our self-worth. That is, what really matters to you. I believe that one of my life's purposes is to give back and share some of my life lessons. My desire is to serve as a positive role model and motivator for others. Plus, the intrinsic rewards of helping others. My book can be used as a resource guide. Portions of my book includes information on Integrity; Attitude; Forgiveness; Managing Finances; Keys to Successful Parenting; Stories and Poetry That Have Inspired Me, and many other important topics.*

***Author: Catherine Towne-Coleman***

***Genre: Self-Help***

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