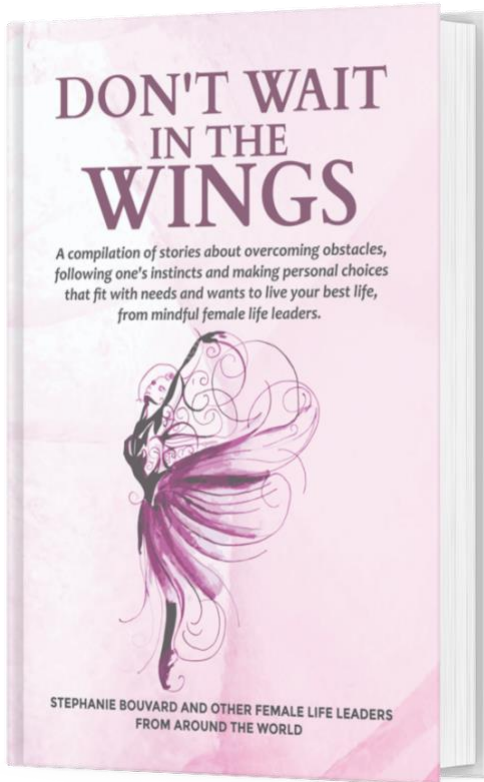


DON'T WAIT IN THE WINGS

A compilation of stories about overcoming obstacles, following one's instinct and making personal choices that fit with needs and wants to live your authentic life from mindful female life leaders.



**Dedicated To Every Women In The World,
Never Forget How Beautiful And Worthy You Are.**



Empowers Women

Empowers women through information and gives them permission to be true to themselves, and not to the expectations placed upon them.

Dream Big

Tells the story of what happens when women decide to stop conforming and start searching for success. So dream big, and do not resist that inner fire within you.

Do what you love

Do what YOU love, and not strictly what makes others happy. It is your life and yours alone. These two ideas often go hand in hand, and in finding fulfillment you will often improve the lives of people around you too.

Learn More About The Author

StephB is a Franco-British Napa based plant powered wine, marketing, fitness professional. Notorious for her knowledge in human and brand physiology & anatomy. In addition, her areas of expertise are deeply rooted in a holistic approach to business, wellness and fitness.

DipWSET certified now chasing the dream down the study trenches of the Master of Wine program. Steph strongly believes that *Wellness doesn't mean Wineless* thus supports women with a strong desire to invest in their wine and their well-being.

Between delivering keynote speeches, writing articles for Brainz Magazine, running marathons and creating wine experiences, Steph can be found whipping up a feast for her family planning “the what’s next for us”!



THE CHAPTER

Step Across Your Start Line

The Truth - The truth is we will all cross our finish line at some stage but only a few of us consciously choose to cross our very own start line.

The Roadmap - Yes, dreams do become your reality, if and only if you choose to draw your very own roadmap and cross your start line.

The Application - If you apply the roadmap you will ignite your super power so you can step out of your shell to step into your shine and inspire the world to cross their start line too!