

DO-DO RESCUE PRESS RELEASE

Title:

If you're overloaded continuously with doing and doing, you've fallen into "Do-Do Mode." And if you believe that you have to wait until you're less busy to live a balanced life? ... You don't!

Short Title:

If you want to stop the insanity of endless doing and embrace change and get out of Do-Do and dare to Do-Be-Do-Be-Do-Be your way to living your life by design, not by default - then Do-Do Rescue is the book for you.

Long Title:

Louise Lavergne, wellness coach, shares reliable, actionable solutions to help you restore your well-being while keeping up with modern-day demands in her new book, Do-Do Rescue, From Overwhelmed to Thriving.

Description:

Author and Wellness Coach Louise Lavergne invites you to invest time in your most precious resource: YOU. *Do-Do Rescue: From Overwhelmed to Thriving; The Do-Be-Do-Be-Do-Be Remedy for you to feel Balanced in a Crazy-Busy World* is filled with reliable, actionable solutions to help you restore your well-being while keeping up with modern-day demands.

Body:

Does your life feel like an endless marathon? Do you run from obligation to obligation, doing this and doing that, taking care of commitments, responsibilities, and chores on your endless to-do list? Are you exhausted from overdoing? Are you struggling to get through your day? Running out of time and energy? Can't find time for you? If so, you need *Do-Do Rescue*.

Author and Wellness Coach [Louise Lavergne](#) invites you to invest time in your most precious resource: YOU. Louise's newly released book, *Do-Do Rescue: From Overwhelmed to Thriving; The Do-Be-Do-Be-Do-Be Remedy for you to feel Balanced in a Crazy-Busy World* is filled with reliable, actionable solutions to help you restore your well-being while keeping up with modern-day demands. You don't have to choose between success and happiness. [Louise](#) explains that there are viable and sustainable techniques for you to feel good and have it all: a busy, prosperous, healthy life that gives you more joy, peace, and happiness.

It's time for you to stop the insanity of endless doing and embrace change. Get out of Do-Do and dare to Do-Be-Do-Be-Do-Be your way to living your life by design, not by default. *Do-Do Rescue* is brimming with unique ideas, supportive strategies, and brilliant, easy exercises called **BE Breaks** that will give you a holistic approach to de-stress your body, restore your energy, and create more balance so you can show up for your life.

[Robin Miller](#), MD MHS Co-author of *Healed: Health and Wellness for the 21st Century* and *The Smart Woman's Guide to Midlife and Beyond*, said, "Louise Lavergne has written a great guide for navigating and coping in a stressful world. The pages of *Do-Do Rescue* are brimming with unique ideas, supportive strategies, and brilliant techniques called *BE Breaks* that give you a holistic approach to de-stressing your body, restoring your energy, and creating more balance in your life. This book can help us all to survive and thrive!"

So yes, you can get things done and reach your goals, without the perils of stress and overwhelm. Want to live a fulfilling, abundant, and joyful life? Then it is time for [Do-Do Rescue](#).

Company Description:

Louise Lavergne is an author, wellness coach, and spiritual teacher who blends the healing elements of science and mysticism to address modern-day challenges of stress and overwhelm. Louise uses her intuitive gifts to help you identify and heal self-limiting blocks and become the healer of your life. Visit her online at www.DoDoRescue.com.

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Links:

Author Site: www.LouiseLavergne.com

Book Site: www.DoDoRescue.com

Amazon: [Do-Do Rescue: From Overwhelmed to Thriving: The Do-Be-Do-Be-Do-Be Remedy to Feel Balanced in a Crazy-Busy-World](#)

Keywords:

Stress; Overwhelmed; To Do List; Change Your Life; Be Present; Breathe; Imperfect

Other Relevant Keywords for Press Release:

Wellness; Coach; Overdoing; Well Being; Goals

Target Audience:

- Anyone who is stressed and on autopilot mode.

- Men and women who want to step back, being mindful of their daily routine without being overwhelmed.
- People who are looking for easy simple steps (yet powerful) to implement throughout the day and get out of the crazy-busy mode.

Images:

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