

Stop being “the strong one” and start being you.

You’re doing it all, and it’s too much. Between work, kids, parents, money, meals, and everything else on your plate, it’s no wonder you’re exhausted. You feel alone, misunderstood, and sometimes – hopeless. Because let’s face it, this idea of being a “strong woman” is highly overrated.

But what if there were another way? What if we put limits and boundaries around what it means to be a strong woman? What if you could be strong and ask for help? What if you could be independent without feeling so alone?

Karen Wright is one of the most experienced, skilled, and respected executive coaches in the world. And, as a business owner, single parent, and sole provider, she has lived the “I’m doing it all” life. In *The Accidental Alpha Woman*, she combines what she’s learned on her personal journey with what she knows professionally to provide a simple but powerful framework to solve this whole “strong woman” problem.

In *The Accidental Alpha Woman*, you’ll learn:

- How to separate reality from how you wish things would be
- How to assess what your situation means to you and to your life
- How to make difficult, seemingly untenable choices
- How to ask for help when you need it
- How to reconnect with the real “you” and create a life that has greater community, ease, and fun

So stop being so alone and so tired. Get relatable, practical wisdom from someone who’s been there.



KAREN WRIGHT is a Master Certified Coach, owner of Parachute Executive Coaching, a pioneer in the coaching profession, and a two-time author. She is a single mother to two wonderful young men and an avid reader and traveler. She lives in Toronto, Canada when she’s not in Paris or Costa Rica, or adventuring elsewhere in the world.



DIFFERENCE
P R E S S



ACCORDING TO THE NATIONAL ACADEMY OF SCIENCES

RIGHT TO
LIFE

The Guide to Thriving
When Life Feels Overwhelming

The Accidental Alpha Woman



**KAREN
WRIGHT**