

# For IMMEDIATE RELEASE

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*“Emotional Bailout! Nine Principles for Rising When Your World is Falling”*  
Author: Cathy Holloway Hill  
Foreword by: Simon T. Bailey, Award Winning, Bestselling Author  
Endorsements from over 20 bestselling authors, CEO’s and professionals

At a time when the economy is failing, homes have been lost, families are collapsing, suicides are on the rise, and hopes for a happy life are at an all time low, Cathy Holloway Hill has been bombarded with new clients seeking a way out of their emotional demise. As a Life Coach, Keynote Speaker, Author, and Talk Show Host, Cathy decided to compile the same winning formula that has helped thousands of others into her new book. This book is not only a book for the times, but it is also timeless!

## ***Emotional Bailout! Nine Principles for Rising When Your World is Falling***

According to the NY Times, our nation’s unemployment rate has soared to a record 9.2 percent. The growing ocean of unemployed, 11.1 million, is 50 percent greater than the start of the recession in 2008. These are not merely statistics – these are real people, real lives, real suffering, real fears! The loss of a job also equates to loss of self-esteem, self-worth, and hope. *Emotional Bailout!* offers a step-by-step guide to bring us out of our *failing emotional condition*. It offers principles related to *Owning Your Identity, Self Discovery, You Think It-You Become It, How to Build a Network of Contacts, How to Create a Life Plan Strategically Aligned for Y.O.U (Your Own Uniqueness), Life-Long Learning, Financial Literacy, Multiple Streams of Income, How to Stay Up When You Feel Like Giving Up*, and much more! Not only is this compilation of principles an outstanding tool to bail out of our emotional chaos, it also places individuals in a position to prepare for a career comeback instead of being lost in a sea of job seekers. We are frequently faced with life situations which affect our emotions. Whether we face the loss of a job or a loved one, a divorce, an empty nest, menopause, or financial hardships, our emotions will be affected. The fluctuation of our internal emotional clocks is inevitable, and until we learn how to understand our emotions and harness their potential, our lives will be in a constant state of disarray. *Emotional Bailout!* has the answers.



The author, Cathy Holloway Hill, is an emerging inspirational voice for life enhancement. Walking away from a successful career in the male dominated technology industry, to become Founder and CEO of C. Holloway Hill Enterprises, affords her the ability to speak from the heart on topics related to career and life success. Cathy has experience and professional certifications in Life Coaching, Women’s Diversity, Public Speaking, a B.S. in Computer Science, and extensive management and leadership training from IBM and Brown Forman

Corporations. She hosts a radio talk show entitled: *“Living By Design”*, which has changed lives and can be heard across the world wide web. She has conducted interviews with New York Times Bestselling authors and television celebrities such as Kimberla Lawson Roby, Eric Braeden, Barbara Corcoran, William R. Patterson, Zig Ziglar, Dr. Ian Smith, and more. Cathy is a member of NAWBO, Who’s Who Black Louisville, GLI, Inc, Advisory Board of Professional Woman Network (PWN), and a five time featured author in PWN’s distinguished library of books. She hosts a weekly career segment on the CW Morning Show, she is a column writer for *Business First*, and has been featured in *Today’s Woman Magazine, Black Enterprise Magazine*, and numerous other regional and national publications. As a Premier Coach with eWomenNetwork, the nation’s number one resource for promoting women business owners, Cathy has conducted seminars on a national basis for companies ranging in size from Fortune 100 to mid-size and small businesses.

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