

Brought to  
you by

**ANDREA SWENSEN,**  
Author, Speaker  
and Professional  
Success Coach



**SPICY PEAR MULE**  
**WATCH THE VIDEO ON**



**WINE & WELLNESS**  
**DEC 3RD**



**INSPIRING LEADER**  
**OF THE MONTH**

# NOVEMBER NEWSLETTER



[www.HelloBeautifulLadies.com](http://www.HelloBeautifulLadies.com)

and this newsletter were created to help women reinvent themselves at any stage of their lives. “The Break - Over” means breaking up with your past and making yourself over into a new you. It could be breaking a bad habit, starting a new habit, leaving a dysfunctional relationship, or starting a new career.

[HelloBeautifulLadies.com](http://HelloBeautifulLadies.com) has

**FREE** downloadable Videos,

Workbooks and Ebooks to help you through the changes and challenges in life. **I invite you to share the website with your Facebook friends and forward this newsletter to your tribe. This month we are offering a Sterling Silver Hello Beautiful Ladies Necklace to the woman who shares our site with the most people.**

## DAILY GIVEAWAYS

Simply like, follow and share the Hello Beautiful Ladies [Facebook page](#) to be eligible to win one of our prizes: a Hello Beautiful T-Shirt a \$20 value or a Sterling Silver Necklace a \$50 value

Please Join us at our Wine & Wellness Brunch Social on December 3rd. You can find the link to this event on the Hello Beautiful Ladies Facebook Page.

Wellness Gift Bags, Tasty Temptations Recipes, Good Company, Food & Wine.

Fitness & Wellness Experts will be providing tips for a Healthy LifeStyle. Products will be available for purchase.

Bring your Business Cards to network and win prizes and giveaways.

*Andrea Swensen*

“Everyone you meet is fighting a battle you know nothing about.. so be kind, be loving, share a smile or a compliment, it will make their day and bring them a little joy”.

## Gratitude

Since this is the month of Thanksgiving - I want to express my gratitude for the wonderful people on the Hello Beautiful Ladies Team who made my website and my dream a reality. Without them this wonderful website focused on helping women achieve their potential would not have been possible. My thanks to: Chris Forbes, Cat Palmer, Victoria Wynn, Michelle Moore, Brady Bean, Matt Manhart, and Joel Otterstrom. These individuals along with their areas of expertise can be found under the Andrea's Picks on the website if you would like to utilize their services.

### What is Gratitude?

When I was, young I was fortunate enough to have my parents take me on a trip around the world. We visited some extremely impoverished areas. This was one of the most valuable lessons I learned in my life... That I am blessed, I have a wonderful life and I am fortunate to be an American Citizen, where I am free, I have a roof over my head, a job and food to eat. All the essentials in life.

I found that as I traveled, I was freely giving away all the money I had saved up to spend on trinkets, to the poor and the beggars. I distinctly remember being in India, visiting the Taj Mahal. There was flooding that year so the river was high. I noticed a long procession of people heading towards the river to dump the body of a young child, wrapped in a straw mat, who had died of starvation. This greatly moved me as did the mother in the bathrooms with a child in her arms begging for money, which I freely gave.

I recall the children in Thailand, who would hop up onto our small boat to beg for money, as we floated down the Bangkok river I saw one family washing their laundry, another bathing and still yet others toileting. Talk about humbling and life changing. It was then I knew how fortunate and blessed I was and am.

I've had a very successful life and career. As such, I've always wanted to do something to give back and help others. With the launch of the Hello Beautiful Ladies website, my dream has come true. I want to be remembered for leaving an imprint for good on this world and on the lives of others. I want to be remembered for my deeds not what I have.

During this holiday season of Thanksgiving, please remember to share your wealth and your time with those less fortunate. Pay it Forward. Remember, when you die, you can't take it with you. All you can take is the memories you shared with the people you love.

**Blog baby blog**, please share your thoughts and opinions. This is a site where we share, empower and grow strong!

**Book of the Month**, please share your good reads with us as we share thoughts each month in our online book club and reviews.

Don't forget to spread the abundance and donate to our **GO FUND ME**. To help battered and abused women.

*Empowering  
Women to reach  
their full potential*



Re Inventing yourself and your life can be scary!

Hello Beautiful Ladies is here to help. Our Website contains free videos, Ebooks, Downloads, tips, books, thoughts, products and services to help you through this process.



## INSPIRING LEADER OF THE MONTH

### BRIDGET BURCH COOK - AUTHOR & FOUNDER INSPIRED LEGACY LLC & EXECUTIVE DIRECTOR SHEROES FOR THE HUMAN TRAFFICKING PILLAR

When Bridget, a sexual and domestic trauma survivor, discovered the fact that there are more slaves today than at any time in human history, she knew it was time to make a dramatic difference. She joined Celeste in the founding of SHEROES United as a powerful way to create thrivers out of victims. M. Bridget Cook-Burch is the New York Times and Wall Street Journal bestselling author best known for her riveting tales of transformation. As a leader, storyteller, trainer and activist, her powerful work has been showcased on Oprah, CNN, Good Morning America, Dr. CNN, and in People among many others. Her stories continue to rock readers around the world.

Recently awarded “Iconic Leader of the Decade Envisioning a United World” from All Ladies League in Delhi, India, Bridget has been working on initiatives in ending violence against women, and in particular, abolishing human trafficking. The issue came to her attention as she was working on her NYT bestseller, *The Witness Wore Red* about human trafficking in Utah. When her awareness expanded to the growing epidemic in Utah, her nation, and her world, she knew she could stay silent no longer. A social and serial entrepreneur, Bridget has owned and operated several companies in Utah and Colorado. Building a trucking company from a ‘one-truck wonder’ to a multi-million dollar company with 15 trucks, 55 trailers and 11 western states, Bridget was nationally recognized with several outstanding business awards. She is now writing, speaking and training as CEO of Inspired Legacy, LLC, and the Executive Director of SHEROES United.

She creates time and connection with her four amazing children and more pets than her beloved husband can handle. An internationally sought-after speaker and activist, Bridget wows audiences on the subjects of radical transformation, conscious business, and how to leave the footprints of an inspired legacy. You will find her actively involved with SHEROES United initiatives in Utah, personally involved in world humanitarian work in India and the DRC Congo, and growing the organization to literally and effectively reach millions of women to BE the change.

I’ve had the pleasure of working with Bridget through her inspired writers conferences as well as in the SHEROES Organization. She is a truly amazing woman, sincere, full of integrity, love and grace.



## Tasty Temptations Drink of the Month - The Spicy Pear Mule



1/3 cup Blended Pears  
 1 Shot of Pear Flavored Vodka  
 1 Shot of Kinky Vodka  
 Crushed ice and top of with Peach Fresca

Add a slice of lime or lemon if you like or even cinnamon stick or for fun throw in a few raspberries, cherries, apple or pear slices  
 Then sit back, relax and enjoy this refreshing drink

Make sure you use a copper mug  
 This will keep your drink nice and chilled


### The 5 Do's and Don'ts of Getting Him to Commit to You

- Don't Try Convincing Him
- Don't Bring up the Commitment Discussion
- Do Share Your good Feelings
- Do Say what you Want With or Without Him
- Do Keep Your Options Open

For More information on how to catch and keep your man and Dating Do's and Don'ts, Secrets to getting to commitment. Download the FREE Videos, Ebooks and workbooks on the [www.HelloBeautifulLadies.com](http://www.HelloBeautifulLadies.com) Website.


Andrea Swensen

## DATING Do's & Don't's



- What he's really looking for
- Being Yourself: Why it matters
- Setting boundaries
- Places to go on a dime
- What to watch out for
- ?'s to ask on the 1st date

c: 801.599.2251  
 e: Andrea@HelloBeautifulLadies.com



Hello Beautiful Ladies.com