



Brook Noel

Life Management Expert

Brook Noel is a bestselling author who has published 19 books specializing in life management and balance for today's busy woman.

Brook is known for going "beyond the book" by creating a **whole experience** to interact with and support her readers.

Brook's greatest passion is **The Make Today Matter Life System**, which is the basis for her books *The Make Today Matter Makeover* and *The Change Your Life Challenge*. More than 160,000 women have changed their lives using the strategies presented in these books!

Good Morning, a principle tool from *The Change Your Life Challenge*, compiles a years' worth of positive morning messages into a single volume, offering readers a reflective boost to begin the day. *Good Morning* is now available in a sticky notes format that provides a powerful, portable boost to your spirit.

Brook has conducted workshops for and/or appeared on: *CNN Headline News*, *ABC World News*, *FOX Friends*, *Woman's World*, *Our Children* (*National PTA Magazine*), *Los Angeles Times*, *Cedar-Sinai Medical Systems*, *Parent's Journal*, *Booklist*, *Foreword*, *Independent Publisher*, *Town & Country*, *New York Post*, "Ask Heloise," *Bloomberg Radio* and keynoted at several Women's Expos.

Brook was recognized in 2003 as one of the Top 40 Business People Under the Age of 40 by the *Business Journal* and was featured in *Entrepreneur* magazine in 2005. Brook lives in Wisconsin with her husband and daughter

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