

For Immediate Release

Life Coach Lights a Match for Charities

October 16, 2008, 2008, Edmonton AB- In her latest book, **Spontaneous Combustion: Setting Your Life on Fire**, Author, Speaker and Life Coach, Laurel Vespi takes on the challenge of motivating readers to take charge of their lives. Craig Kielburger Founder of Free the Children and writer of the book's Foreword, understands how a call to action can change one's life since it was just such a call that prompted him to start the Free the Children Foundation.

Kielburger says, "*Consider Spontaneous Combustion your call to action, the match to light your flame.*"

The book launch celebration takes place Sunday October 19th from 2:00 – 4:00 pm at Il Pasticcio Trattoria in Edmonton. Special MC is Breakfast Television's Michelle McDougall. Jazz and Pop singer Anna Beaumont will provide entertainment. Food & beverages will be provided. Tickets are \$50 and must be purchased in advance at www.stonecirclecoaching.com/events/special-events.php

Net proceeds from the launch will be donated to the Lois Hole Hospital and Free the Children.

About Laurel Vespi - Laurel has a Master of Education degree and is a Certified Professional Coactive Coach. She is a credentialed member of the International Coach Federation and has completed advanced training in Organization & Relationship Systems Coaching. Currently Laurel is the President of the Edmonton Association of Professional Coaches.

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604-224-0115 or visit www.stonecirclecoaching.com/events/special-events.php