

✦ Lyn-Dee Eldridge  
Motivational Speaker/Life Coach/Author  
[woobie@tearsfears.com](mailto:woobie@tearsfears.com)  
10 Clinton Street  
Goffstown, NH 03045  
(603) 365-5154

---

For Immediate Release

## **Powerful Motivation in a Story of Trauma to Triumph**

Goffstown, NH. Feb 19, 2009:

As long as Lyn-Dee Eldridge's life carried the locked doors of a painful childhood and later an abusive husband, she was stuck, her talents and strengths bottled up behind closed doors. But Lyn-Dee Eldridge isn't the type of woman to tolerate having her own life, or her daughter's life, shut out from the happiness she knew they were entitled to enjoy. Turning trauma into triumph, Lyn-Dee Eldridge has become a highly sought motivational speaker, life coach, successful businesswoman, published author, and most importantly, happy and fulfilled wife, mother, and grandmother who now lives in peace with her painful past. The doors of her life are wide open when Lyn-Dee Eldridge shares her message and herself with audiences, who once they hear her, never see their own lives in the same way again.

## Motivational Speaker with an Intensity that Transforms Lives

With her bold message, Lyn-Dee Eldridge moves her audiences to tears, laughter, and courageous steps forward in personal growth and meaningful transformation. Whether the topic is growing your business, personal development, or stories of survival in today's challenging world, Lyn-Dee inspires all who hear her to become more than they ever dreamed they could be.

Never speaking *to* a crowd, but instead *communicating with them*, Lyn-Dee Eldridge helps battered women find healing, businesspeople rise to the top in their fields, and organizations reach new levels of communication. **It's simple: everyone who attends a Lyn-Dee Eldridge (Woobie) Workshop or conference walks away 'taller.'**

In the words of a recent conference attendee: *"Lyn-Dee is an electrifying motivational speaker who sheds the light that everyone can accomplish what they put their minds to. Whatever the topic, she is right on! With her strong passion to 'pay it forward' she expresses from the stage an energy that makes everyone leave a seminar as if he or she had superpowers and can conquer the world! Very powerful, but more importantly, very effective with results! She is funny and you just sit on the edge of your seat waiting to hear what she has to say next. Informative and sincere! She truly lights up the stage with her presence and presentation."*

"...Thank you Lyn-Dee for stripping yourself emotionally naked and allowing us/me to see your heart. It gave me the courage to remember to never quit! To never allow myself to sink into that abuse abyss. So many of us are lost there. We don't make it on the news. The emotionally abused die quietly, like we learned to live..."

Robin Morton, Mother/Survivor

"Lyn-Dee is a motivational star. Having seen the best of the best and having even spent part of my career in the professional speaking business, I feel I can say with authority that Lyn-Dee is one of the most dynamic and inspiring speakers available today. Her platform style is powerful and thought provoking. She frequently speaks to our staff of 160 employees and always manages to virtually lift people right out of their seats. She doesn't beat around the bush and she doesn't preach mumbo jumbo. She tells it the way it is and speaks in a language we all understand. I've seen very few people with such an uncanny ability to connect with any audience. If you're looking for a high energy speaker who can deliver a message that matters—*your search is over.*"

Jason Tremblay  
Chief Executive Officer, Co-Founder  
SellMyTimeshareNOW.com

"Lyn-Dee's straightforward, honest, and raw approach breaks down all barriers and allows you to absorb and embrace her information. Her huge heart makes you feel like you've been best friends forever. Her style is entertaining and genuine. It's a pleasure to know her."

Tracy Broughton

## Lyn-Dee Eldridge Workshops and Presentations... *Priceless.*

- ✓ One of the most highly sought Speakers within Prepaid Legal
- ✓ Watch for Lyn-Dee on **Power Women Radio**, May 5, (12 p.m. to 1 p.m., EST) and her new column in *Power Women Magazine: Power Women Worldwide*. Lyn-Dee's column, "Woobie's Corner" begins in April. <http://www.powerwomenmagazine.co.cc>
- ✓ 2009, Author of *Tears of Fears, Behind Closed Doors* <http://www.tearsfears.com>
- ✓ 2008, Speaker at the Prepaid Legal Oklahoma City National Convention (twice). Audiences of 15,000. "Personal Development" & "Self Esteem"
- ✓ 2008, Speaker at the Prepaid Legal Vegas National Convention "Personal Development" & "Business Building"
- ✓ 2008, Speaker, Women's Retreat in Chicago, Audience of 600 women
- ✓ 2007, Speaker, Women's Retreat in Chicago, Audience of 600 women
- ✓ Since 2001, nationwide public speaker and coach with training in personal development, MLM business building, team building, and life; helping companies motivate their staff to be ***the best they can be.***

"Lyn-Dee is a powerful, in-your face speaker who can get even the most reluctant person out of their seats and into action. She has no fear to tell it like it is and fantastic insight to get to the root of the situation."

Ron Sweet

## Connect with Lyn-Dee

- ✓ Read *Tears of Fears, Behind Closed Doors*, available at [www.tearsfears.com](http://www.tearsfears.com); [www.amazon.com](http://www.amazon.com); and [www.barnesandnoble.com](http://www.barnesandnoble.com). A portion of the proceeds from every book sold is donated to various non-profit organizations. The first check from books sold at a women's retreat in Chicago was written on December 7, 2008, to 'New Beginnings' A Women's Crisis Center in Laconia, NH.
- ✓ Starting in April, visit "Woobie's Corner" at [www.powerwomenmagazine.co.cc](http://www.powerwomenmagazine.co.cc). Lyn-Dee will be answering questions there and talking with you about the topics most on your mind; ask your questions in complete confidentiality, only your 'Woobie Name' and state will appear on the website with your question. Email you questions or comments directly to Lyn-Dee (aka Woobie) at [woobie@tearsfears.com](mailto:woobie@tearsfears.com)
- ✓ Come visit Lyn-Dee at her booth. Enter your name into a drawing to be held hourly. Incredible prizes and giveaways!
- ✓ When you are looking to be inspired, motivated, uplifted, and transformed ... *you need Lyn-Dee!* Book Lyn-Dee Eldridge to speak at your next convention or seminar, or schedule a **Woobie Workshop** for your company, association, or organization.

## Contact Lyn-Dee

Lyn-Dee (Woobie) Eldridge

E-mail: [Woobie@tearsfears.com](mailto:Woobie@tearsfears.com)

10 Clinton Street

Goffstown, NH 03045

(603) 365-5154

## FROM THE CHICAGO WOMEN'S RETREAT IN 2007:

*about speaker, Lyn-Dee Eldridge ...*

“ I felt a kinship immediately with this fast talking woman with the east coast accent. She was pacing as she speaks, just like I do. Then her words grabbed my heart. Lyn-Dee was telling the story of *my* marriage, *my* deepest secrets. I have read a lot of books and spoken to a number of women about domestic violence but I never heard *MY* story. The detail of feeling that can only be transferred by someone who has been there. I have been able to give that comfort and sistership to others but did not know I was missing it until I heard the words, (paraphrasing) *‘I spat at the image in the mirror I hated her so.’* I literally sucked in my breath and felt as if I held it for the entire weekend. I felt like a zombie. People would talk to me and all I could do was cry. I just wanted to be in her (Lyn-Dee's) presence but that feeling of worthlessness kept me from pushing too hard. I wanted to touch her. Feel her warmth as if making sure what I was experiencing was real. I needed to look into her eyes, if I could lift mine. Lyn-Dee stopped and looked at me when we finally met. She really looked at me. She hugged me and everyone went away. She makes you feel important enough to fight for. I talk about her still. People look at me as if I am crazy but I don't care. Lyn-Dee awakened my sense of self worth. Ever since I have been stumbling to my freedom. Making mistakes and experiencing victories. Getting to know me through this wonderful woman who is more like me than different. I will never forget Lyn-Dee Eldridge on that stage in Chicago. It is one of the most important, defining moments of my life. A person does not always know until later the affect a person or experience will have on them. I knew this was/is huge and life transforming. I took in every moment. I never wanted it to end, even though it hurt like hell.

Thank you Lyn-Dee, for stripping yourself emotionally naked and allowing us/me to see your heart. It gave me the courage to remember to never quit! To never allow myself to sink in to that abuse abyss. So many of us are lost there. We don't make it on the news. The emotionally abused die quietly, like we learned to live.

**If Lyn-Dee is ever speaking in your area, all I can say is GO! She is so inspiring and really cares about you! It will be an event you will never forget and it will change you for the better! ”**

With unspeakable gratitude,

*Robin Morton* - Mother/Survivor