

**Local Businesswoman Co-Authors *Chicken Soup for the Soul: Power MOMS!***

Lakewood, Ohio – Diane Helbig, professional certified coach, author, and founder of Seize This Day Coaching is a contributing author of the newly released *Chicken Soup for the Soul: Power MOMS*. *Power MOMS* is a testament to the choices, challenges, and successes of stay-at-home and work-from-home moms. As Helbig says in her story, “Through a lot of soul searching and investigation I landed on my ideal career – coaching. As someone who was always the ‘go to’ person, . . . I realized I’d spent my whole life preparing for this role.” *Chicken Soup for the Soul: Power MOMS* is available at all major book outlets including Barnes & Noble and Amazon.com. Helbig works with small business owners, aspiring entrepreneurs, and salespeople helping them discover obstacles, challenges, and strengths – all of which empower them to continue to grow. More information is available at [www.seizethisdaycoaching.com](http://www.seizethisdaycoaching.com).