

Prepared for a Purpose – Embrace the Process

Everything starts with a thought.

So, what are you thinking? What "habits of thought" do you ponder on a regular basis?

What stories have you been rehearsing in your thought life that constantly plays out in your day-to-day life?

How does your narrative impact you? What feelings do these stories evoke within you?

Do you find yourself spinning your mental wheels...pondering the pains of the past, being paralyzed in your present or seemingly forfeiting your desired future?

It's been stated, "Reality is a projection of your thoughts or the things you habitually think about."

In Prepared for a Purpose – Embrace the Process, Leslie Hardy highlights how our experiences, thoughts and beliefs, and subsequent choices culminate into the lives we live as our present realities. Exploring the magnitude of the mind, the power of personal choice, and faith, Ms. Hardy uses stories from her life and those of others to illustrate, encourage, and equip you to:

- understand the correlation between your thought life, beliefs, choices, and life outcomes;
- gain valuable insight into your own life - guiding you to evaluate, challenge and begin to change;
- take definitive steps to move in the direction you desire;
- accept and embrace your own process.

Prepared for a Purpose – Embrace the Process implores us to embrace life experiences as divine opportunities to gain valuable, experiential knowledge in our discovery of who we are as we grow into who we need to be in the fulfillment of our purpose - an inherent process of life.

“You can’t separate who you are from what you do. So, embrace the process of life and learn how to **be you** well.” ~ Leslie

Leslie M. Hardy is the proud, loving mother of her adult son, a constant source of inspiration. One to keep her on her toes he is often amused and reminds her that she "cracks herself up" in her silly playfulness.

A consummate professional, Leslie is passionate and well equipped for her mission to help liberate others...to help them walk in their power and purpose...to help them release limiting thoughts, behaviors, and pain...to help them develop the mindset and skills to engage healthier relationships...to help them live more fulfilled in every area of their lives. Her formal education and professional training along with her personal life experiences enhance her professional work to positively impact those she serves.

With a great sense of tenacity and enduring patience, the birth of her debut book, *Prepared for a Purpose – Embrace the Process*, is the manifestation of her act of obedience and faith.

Professionally Leslie has garnered a wealth of knowledge and experience in her 20+ years as a seasoned behavioral / mental health professional. She maintains a private practice where she serves youth, young adults, adults, families and couples. Credentialed as a Licensed Clinical Social Worker (LCSW), Licensed Clinical and Addiction Specialist (LCAS), Marriage Educator, Parent Coordinator for the local judicial system, and Military Family Life Counselor with the Department of Defense; Coach and Consultant, Leslie is a life-long learner, advocate and teacher. As an adjunct to her private practice, Leslie is a Clinical Supervisor and is honored to be able to contribute to the professional development of other clinicians, staff and professionals. The freedom and flexibility she experiences as an entrepreneur allows her to further enrich her life as a volunteer in her community.

Being youthful at heart and an introvert by nature, Leslie balances spending time with family and friends, and playing card and board games with self-imposed periods of solitary confinement to include reading, a reflective, leisurely walk in the park, and binging on Netflix. She loves staying active and on the move with dancing, attending sporting/art/musical events, dining out, and traveling. Her favorite place of escape is "anyplace waterfront" where she can indulge in an extended session of "ocean therapy."

She resides in the beautiful state of North Carolina.