

After a life of prioritizing everyone else's needs and opinions other than her own, Debbie realized at the age of 50 that this was her one and only life. She didn't want to look back years from now with regret for the things she had never done. She stopped saying "I can't" and replaced it with "Maybe I can".

She has written her memoir illustrating that regardless of your limiting beliefs of life's circumstances, we all have the power to change our lives.

In addition to becoming a writer, Debbie also fulfilled a life-long dream of owning a store containing only items with hearts on them. Her store, A Sprinkle of Hearts brings immense joy to both Debbie and her customers.

Debbie bravely shares her very personal story with audiences in order to inspire them and highlight that they are not alone. Life is hard, but that doesn't mean you cannot live the life of your dreams. Debbie is now doing just that!



*"I really want to encourage you to read her book. It's really delightfully written. It made me smile a lot and it will teach you a lot of lessons and inspire and motivate you to tackle the things that are stopping you from getting where you want to go."*

**- Jack Canfield, co-author of Chicken Soup for the Soul series**

*Debbie is an advocate for not letting your circumstances control your life.*

## Niche Topics Include:

- Lifelong Weight Struggles
- Starting over after the death of your husband
- Family members suffering from mental illness
- Prioritizing your needs while caregiving to family
- Being honest with yourself about money problems
- The stress of parenting a neurodivergent child

## Suggested Talking Points:

- Overcoming limiting beliefs
- Learning to be honest with yourself
- No longer being a victim of your circumstance
- Learning to pay attention to the whispers
- Age is no excuse
- Where do I even start?



*Debbie's been featured on:*



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 [Maybe I Can Facebook Group](#)

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