

Laurel Vespi

**spontaneous  
combustion**  
setting your life on fire



***Spontaneous  
Combustion  
Setting Your Life on Fire***

By Laurel Vespi

Nonfiction

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**FOR IMMEDIATE RELEASE**

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**Certified Life Coach Explores Why We Put the Most Important Aspects of Life on Hold and Shows Us How to Stop Waiting and Start Setting Our Lives on Fire**

**Gold medal winner in the 2009 Independent Publisher Book Awards demonstrates that change is simpler than we think**

*“For many, becoming the designer of one’s own life begins with a call to action – a single moment to make a change, grab the wheel or, as Laurel Vespi would put it, set your life on fire. Consider **Spontaneous Combustion** your call to action, the match to light your flame.” ~ Craig Kielburger, Free the Children, Founder & Chair*

Author Laurel Vespi finds it ironic that people are often impatient for the most unimportant things in life – think elevators, traffic lights, and microwave ovens. How is it, she wonders, that they are willing to wait patiently for the things that matter most, such as success, fulfillment, happiness, and making a difference?

“Everyone is waiting for something,” she comments. “Waiting to lose weight, have more time, for things to change, to win the lottery, the kids to grow up or the divorce to become final. The problem with waiting is that time and life are passing you by.”

In *Spontaneous Combustion: Setting Your Life on Fire*, she explores why human beings have this tendency to put life on hold and shows us how to stop waiting and start living with passion and purpose. She offers five practical ways to begin today:

- Participate more and smolder less
- Connect with your burning desire
- Surround yourself with hot people
- Figure out what fuels you
- Keep stirring the fire

In all seriousness, she asks the world at large, “What are you waiting for?” The gold medal winner in the 2009 IPPY awards in the self-help category, *Spontaneous Combustion* does an inspiring job of helping people answer that question, get unstuck, and move forward in their lives.

**For more information or to contact the author to request an interview, please send an email to [laurel@stonecirclecoaching.com](mailto:laurel@stonecirclecoaching.com).**

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**Author:** Laurel Vespi is an author, speaker, and certified Life Coach. Her qualifications also include a Masters of Education and an International Coach Federation credential.

