



East 26<sup>th</sup> Publishing

*INSPIRED* – 7 Steps to Your Most Inspired Life  
&  
*INSPIRED TOOLBOOK* – 4 Weeks to Your Most Inspired Life

Both Available  
**December 17, 2019**  
only on Amazon





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## ABOUT

Inspired is a refreshingly simple guide to living your most inspired life by making easy-to-maintain lifestyle & mindset changes for the healthiest and happiest, most balanced YOU.

Create a limitless world for yourself. Pursue any dream. Live an extraordinary life filled with inspiration!

This book aims to teach you how to let go of control, master your mindset, and focus on you while serving others and letting go of fear in order to develop healthy daily routines for conquering your wildest dreams.

A self-professed “control freak,” Dylan Mills is delightfully witty, honest and truly inspiring as someone who has overcome a lifelong battle with debilitating anxiety and transformed her life to becoming a successful self-made entrepreneur in the best physical and mental shape of her life.

Complete your personal transformation in just 4 weeks using the accompanying Inspired Toolbook and live your most inspired life!

The Inspired Toolbook—companion to Inspired: 7 Steps to Your Most Inspired Life—is an interactive journal and refreshingly simple guide to living your most inspired life by making easy-to-maintain lifestyle & mindset changes for the healthiest and happiest, most balanced YOU.

Create a limitless world for yourself.  
Pursue any dream.  
Live an extraordinary life filled with inspiration!

This Toolbook aims to guide you through letting go of control, mastering your mindset, and focusing on yourself, while serving others and letting go of fear. The simple guided questions help you better understand yourself and bring light to your dreams & limitless potential. Using weekly trackers, this Toolbook guides you through creating easy-to-maintain daily routines and thought practices developed to help you conquer your wildest dreams.



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## ABOUT THE AUTHOR



Dylan is a fitness coach and inspiration leader from Florida who aims to help all women live healthy, happy, inspired lives. A former teacher turned self-made entrepreneur and busy mother of Irish twins under two, Dylan wakes up at 4:30 every morning and lives her life in pursuit of helping women all over the country reach their true potential. She is an absolute inspiration with boundless energy and a healthy appetite for adventure. When she's not running, reading and adventuring with her family, she is coaching & writing to inspire others.

To learn more about Dylan and follow her story, you can find her on Instagram @dylanmmills or on her website [www.coachdylanmills.com](http://www.coachdylanmills.com)