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News Release: September 28, 2013 - Silicon Valley, California

The International Mental Game Coaching Association Announces Level II IMGCA Certified Mental Game Coach Jennifer Touma, of North Salem, New Hampshire, has published her book, *Moment of Impact: Harness the Explosive Power of Three to Maximize Your Mind, Life, and Business*.

Level II IMGCA Certified Mental Game Coach Jennifer Touma, of North Salem, New Hampshire, has published her book, *Moment of Impact: Harness the Explosive Power of Three to Maximize Your Mind, Life, and Business*. The book is published by XLIBRIS, in Kindle, hardcover and paperback formats.

This exciting book teaches you how to apply the power of three key elements: yourself, your thoughts, and your mental strengths to direct the course of your life and maximize the opportunities offered by these life-altering moments. Based on the author's own life threatening moment-of-impact, this book uses stories, examples and "teaching moments" to reveal strategies you can use to become more self directed, personally effective, and present in any moment.

Bill Cole, MS, MA, Founder and President of the International Mental Game Coaching Association said this about *Moment of Impact: Harness the Explosive Power of Three to Maximize Your Mind, Life, and Business*.

Jennifer Touma has written a vitally important book, one that should be read by anyone who wants to achieve, excel and be an aware, attuned person in charge of their own life. I predict that *Moment of Impact: Harness the Explosive Power of 3 to Maximize Your Mind, Life, and Business* may turn out to be one of the most well-read and best treatments of this subject to come along in a long, long time. It may even turn out to be a classic in its genre. Jennifer Touma is the perfect person to write this book. She brings complete credibility to this material. She is a highly experienced businesswoman, and an accomplished martial artist (second degree black belt).

I resonated strongly with what Ms. Touma postulates, because I write about and teach many of her tenets:

- Be on purpose. Use the power of intentionality.
- You may not be in full control of all situations, but you can be in control of what you think, feel and do.
- You are always in charge of how you react to every situation.
- Make the most of any moment.

Buy this book today. Read it and refer to it again and again. Put its teachings into your daily disciplines, and you'll reap the many benefits found in *Moment of Impact*.

The book can be purchased on [Amazon](#).

Jennifer Touma is an agent of change and a peak performer's strategist. She has a master's degree in organizational leadership from the military college in Vermont at Norwich University, is a certified international mental game coach and a certified metamaster practitioner in neurolinguistic programming (NLP), and she created and hosted her own cable TV show on leadership. Jennifer is a second-degree black belt in boxing, karate, and kickboxing, from Sensei Earnest Hart Jr., and her 20 years of experience in martial arts informs and shapes her life and work as a peak performers' strategist and coach. Jennifer's company is Mindscape:

<http://www.mindscapemind.com/>

