

DIANNE BISCHOFF JAMES

Life Reboot Expert

dianne.net



Book Summary

The Real Brass Ring: Change Your Life Course Now by Dianne Bischoff James

Website: dianne.net
Phone: 312.994.2446
SKYPE: DBJ220
Facebook: [facebook.com/diannebischoff1](https://www.facebook.com/diannebischoff1)
Twitter: Dianne Bischoff James
Instagram: Dianne Bischoff James
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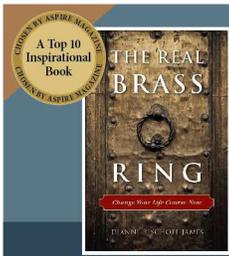


A Top 10 Inspirational Book:
chosen by Aspire Magazine



Awards: Living Now Book Award
BellaOnline Book Award





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Book Description- *The Real Brass Ring: Change Your Life Course Now*

The Real Brass Ring takes “The Secret” on a high-speed road test in a tale of midlife transformation in the real, flesh-and-blood world of contemporary Chicago. It is the story of a “midlife reboot,” a raw, unfiltered journey of enlightenment that illustrates a woman’s daunting personal reinvention and the rewards of fearlessly pursuing a life’s true calling.

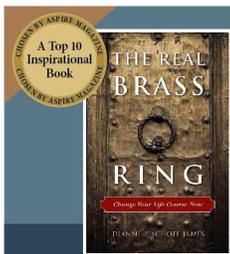
Published by Red Wheel/Weiser’s Turning Stone Press Division www.redwheelweiser.com, *The Real Ring- Change Your Life Course Now* won an international, 2014 bronze **Living Now Book Award** in honor of the year’s best books for better living. The book was also received a 2015 Gold **BellaOnline EBook Award** for outstanding literary achievement. *Aspire Magazine* also chose the book as a **Top 10 Inspirational Book** in 2015. The book is available at Amazon.com, Barnesandnoble.com and Red Wheel/Weiser.

This dynamic tale takes "*The Secret*" on a high-speed road test in a tale of midlife transformation in the real, flesh-and-blood world of contemporary Chicago. It is the story of a "midlife reboot," a raw, unfiltered journey of enlightenment that illustrates a woman's daunting personal reinvention and the rewards of fearlessly pursuing a life's true calling. “In midlife, I’d opened Pandora’s Box, the raw, ugly truth hidden behind the well-crafted, ornate parade that I called ‘my life.’ I was not proud of myself or of what I’d accomplished. Instead, I was horrified and ashamed of the lies surrounding my big house, marriage, and the monstrously false trappings of the North Shore. This was not me. I inch-wormed my way through the muck. I stood toe-to-toe, facing the most powerful of all questions: ‘Who am I and what did I come here to do in this lifetime?’”

The Real Brass Ring Availability

Amazon: http://www.amazon.com/Real-Brass-Ring-Change-Course/dp/1618520555/ref=sr_1_1?s=books&ie=UTF8&qid=1379984736&sr=1-1&keywords=the+real+brass+ring

Barnes and Noble: <http://www.barnesandnoble.com/w/the-real-brass-ring-dianne-bischoff-james/1116599190?ean=9781618520555>



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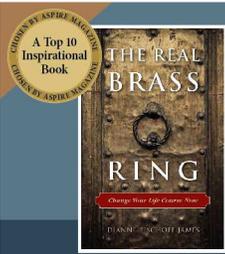
Dianne Bischoff James Short Biography

Dianne Bischoff James MS is a bestselling author, speaker and Life Reboot coach who educates clients in the latest techniques for manifesting and transforming their hearts, minds and bodies for optimal authentic living. Having found herself completely off track, she lost 60 pounds, left a highly successful but exhausting executive corporate career, rid herself of depression, conquered debilitating health problems, pursued her passion as an actress, navigated a healthy divorce and survived the perils of an addictive relationship and co-created a new one, vital and real, all after 40. *The Real Brass Ring* was featured in *OM Times Magazine* and voted an *Aspire Magazine* Top 10 Inspirational Book. www.dianne.net

Dianne Bischoff James Full Biography

Dianne Bischoff James's is a teacher for the Western mind. Her journey and life experience are quite remarkable and inspirational. Having moved every few years growing up as her family pursued the American Dream, her quest for knowledge was insatiable. She became an avid reader, scholar, business consultant and leader in marketing communications. At the height of her success, she felt a terrible unrest and became despondent, depressed and riddled with physical pain. Dianne experienced her first enlightened moment in 1995 when she saw Sonia Choquette for a psychic reading. This event changed everything. Sonia warned, "You had better hurry up and grab at your real brass ring or soon it will be too late!" This grave message inspired Dianne to change every aspect of her life and also to seek the best practices for enlightened transformation and growth. Dianne lost 60 pounds, became a union actor, wrote a book and became a yogi to heal her body. Researching, Travelling across the country teaching and meeting with spiritual teachers, Dianne is on a mission to discover the best practices for rebooting lives with ease and grace.

According to Dr. Pat Baccili, *"Dianne's profound words of wisdom will speak directly to audiences regarding all areas of life and her accountable authenticity is what makes her the real deal. She has seen it all and been through it all and will tell it to you straight from the heart. Her sense of humor in telling stories and slight irreverence makes her even more real. Not only will she speak in the moment on a topic that people need to hear right then and there, but her presence alone and energy has a profound, long lasting influence."*



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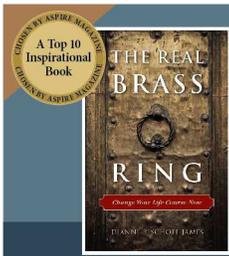
dianne.net



Dianne Bischoff James MS is a Life Reboot Expert, bestselling author and leading authority on the subject of enlightened transformation. Her book, *The Real Brass Ring* has been featured in *OM Times*, chosen as a Top 10 Inspirational book by *Aspire Magazine* and received 2 international awards. In addition, her private coaching business has helped clients across the country manifest and transform their hearts, minds and bodies for optimal authentic. She is also a SAG actor with over 50 film and commercial credits and graduated magna cum laude from Northwestern University with an MS in Integrated Marketing Communications and has a B.A. in Psychology from Marquette University. In 1995, she launched Core Marketing Solutions, a branding consultancy located in Chicago and received both Platinum and Gold MarCom Awards in honor of corporate branding excellence.

Dianne Bischoff James' Story

"I was a Prisoner of Promise- I bought the fairy tale and the lies about the American Dream. I fell for the whole thing, the stories of educated women who "break glass ceilings" during the day and come home at night to a prince in a giant mansion on the lake filled with joyous children and sixty-inch flat screen TVs. I created that fantasy and then crashed it to the ground. I didn't do it because I wanted to, I did it because on the inside, I was completely miserable. Rebuilding it, piece by painful piece and leaving no stone unturned, I risked everything to do what I came here to do. Today, I'm the enthusiastic poster child representing life's dichotomies: depressed to happy, size eighteen to size six, a physical weakling to a yogi, a corporate slave to a creative entrepreneur and author. Through this transformation, I fell in love with the human soul and became an advocate for igniting possibilities. It took me ten years to reboot, but now I'm exactly where I need to be: helping others chart a course to Live Their Everything."



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The Real Brass Ring Chapter Summaries

SECTION I- Midway on Life's Journey and on the Wrong Path

Chapter 1: Outed by a Psychic

Sonia stood up, leaned forward, and whispered a final note of caution to me: "Change your course now, Dianne. Fix your ways, or soon it will be too late."

Chapter 2: Stinking Thinking

When I wasn't building my business, I cared for the kids, serving the family from sunup to sundown. I was fat and depressed, and my husband acted a lot more like a girlfriend than a soul mate. This was my reality.

Chapter 3: Course Correction

"I will rediscover my passion, leaving nothing repressed or undone. I will re-create myself: lose weight, perform in the theater, improve my relationship, journal my stories, and find a career to help others grow. I will fulfill these dreams!"

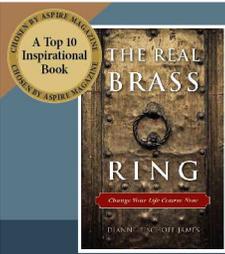
SECTION II- Body and Soul Reboot

Chapter 4: "All the World's a Stage . . ."

Nerves hijacked my body and my hands started shaking uncontrollably. I wrapped them tightly behind my back and proceeded to squeak out sixteen pitchy bars of "Wouldn't It Be Lovely?" My singing was so bad I wanted to keel over and die right then and there in the musical audition. It would have been fitting for the occasion.

Chapter 5: Battle of the Bulge

I ate to suppress the sadness and solitude that had consumed my early years. As a budding teenager, I tried every one of the weight-loss clubs. I was a member of Weight Watchers, Jenny Craig, Nutrisystem, and yes, Overeaters Anonymous. "Hi, I am Dianne and I am an overeater." That's right.



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SECTION III- Manifestation Made Easy

Chapter 6: The American Dream

I'd always wanted to live across from the lake, drive a red convertible, and wear clingy designer suits to important business meetings. Now it was my turn! The economy was strong and I knew I had the experience, references, and pedigree to create my own version of the American Dream.

Chapter 7: Telepathic Paging

To me, this entrainment phenomenon was an amazingly untapped tool. By now, I was competent at manifesting "things," but imagine how powerful I'd become if I became the pony express of "psychic paging." Wouldn't it be fun to use mental energy and nonverbal communication to attract other people?

Chapter 8: Old Haunts

I'm not the kind of person who typically believes in ghosts, but I walked straight into the middle of the living room to address the situation directly. I spoke with imposing volume and waved my arms to demonstrate complete authority. "I'm telling you to stop haunting us, walking up stairs, opening doors, and turning things on and off."

Chapter 9: Bridging the Power

In my spare time, I developed a training program to help people manifest their true desires. Now, I just needed to find a willing lab partner, someone who was open and receptive to a powerful new way of thinking. It was 2003 and several years before *The Secret* popularized New Age concepts, so finding a student wasn't particularly easy.

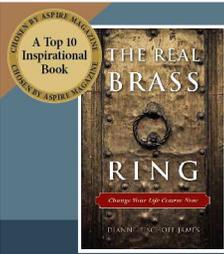
SECTION IV- Modern Family, Secret Separation

Chapter 10: Chasm of the Heart

Everyone knew therapy wasn't going to solve our marital problem. We didn't have that kind of money, and Rob and I didn't have what it took for a husband-and-wife relationship, period, end of story. We left knowing change was imminent.

Chapter 11: Cougar Living

Over the next few months, I established a rare and fascinating double life. By day, I was a focused, hardworking suburban mother of three. By night, I was a single woman experiencing the pulse of one of the world's liveliest cities.



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Chapter 12: Recession: The Great Equalizer

I took a hard look at my materialistic choices. I'd naively thought my financial abundance would continue forever; I believed the economy would improve. My own desire for possessions had led me to a terrifying financial cliff.

SECTION V- Passionate Pursuits

Chapter 13: Life Lessons from the Departed (and Returned)

I'd never before met anyone who'd died. So, I quickly recognized this as a unique opportunity to learn more about the meaning of life from an authority, someone who'd actually visited the "other side."

Chapter 14: Adventures in Online Dating

I also met up with "Brutus," a bodybuilder who told me a dumb joke and then smacked my bicep so hard he bruised it. I moved to escape, and the 230-pound guy "playfully" pushed me into a wall. Terrified, I dashed to my car and slammed down the lock. That was it: the sign to give up dating forever.

Chapter 15: Passion and Addiction

On one hand, Jeff was intelligent, entertaining, and adorably cute. And, on the other hand, he was a recovering alcoholic who was living with his mother and didn't have a driver's license. My Pragmatic Survivor yelled, "He's not a dating prospect. Dianne, walk away!"

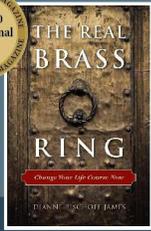
Chapter 16: Finding My Guru

Suddenly, I had commercial representation and weekly on-camera auditions and consequently booked two regional television commercials. For this I was eternally grateful! It's astounding how one person can assist in fulfilling our dreams overnight.

Chapter 17: Mr. Goodbar

I didn't mind breaking up with him, but what's our world coming to when a forty-five-year old man breaks up with a forty-four-year-old woman in a text? The nerve!

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SECTION VI- Authenticity

Chapter 18: Truth Will Set You Free

I grew up in an overly strict household and learned how to craft white lies, stories, and socially appropriate excuses to avoid outbursts or critiques. It was time to step forward and enter a critical phase of truth-telling. I had to come squeaky clean with my community and all intimate relationships.

Chapter 19: The Reveal

But like a cancer, lies gnaw, grow, and eventually decompose the healthy fibers of every relationship. There's never a good time to tell someone you have been lying to them for three years. We simply had to face what we dreaded most, confronting the children.

Chapter 20: Deconstruction Central

It was imperative that we face all critical endings dead-on before the recession hit, including selling the property, paying off debt, settling up with my dad, and finding a new place to live.

Chapter 21: What You Resist Persists

The Universe acts like the Garden of Eden. Right when a person makes a courageous choice toward positive change, an opportunity wrapped in a colorful bow comes along. Are you "sure" you want something different? Are you really "willing" to stand up for yourself?

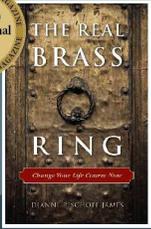
Chapter 22: You Can Run, but You Can't Hide

I probably looked normal on the outside, but I was heading straight for a permanent wheelchair. How had I become a soft, weak blob, a midlife physical disaster? I was like the guy in the board game Operation. I had broken pieces all over my body and a group of medical professionals had to repair me with some tweezers.

Epilogue: The Bounty

In retrospect, the past decade was an organic voyage, each event emerging without structure or order. I took the rollercoaster ride from middle income to wealth to poverty, from fat to fit, from a mountain of lies to truth, from a broken body to strength, and from a loveless connection to standing side by side with a soul mate.

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dianne.net



Dianne Bischoff James' Photos



The Real Brass Ring Cover

