



DIANE BRUNO

LIFE COACH

Publication List

Choice Magazine – The Magazine of Professional Coaching

Date of Publication: March 2024

Role/Contribution: Author

Title:

- [Tricky Territory: Navigating Uncomfortable Coaching Conversations](#)

Sixty and Me

Date of Publication: December 2023 – Present

Role/Contribution: Author

Titles:

- [Embracing Gratitude: A Lifelong Journey Of Resilience And Joy](#)
- [Embrace Your Authentic Self: Living With Purpose](#)
- [Coping When Nothing Makes Sense](#)
- [Breaking Free: The Pitfalls Of Labels, Levels, And Righteousness](#)
- [Embracing Rebirth, Redirection, And Meaning This Spring Season](#)
- [The Bonds Of Women’s Friendships: A Testament To Strength, Support, And Lifelong Evolution](#)
- [Navigating Family Dynamics In Later Life – Boundaries Are Key!](#)
- [Embracing Change And Cultivating Fulfillment: A Life Coach’s Guide To Thriving In Your 60s](#)
- [Do People Ever Really Change? Navigating The Depths And Complexities Of Personal Transformation](#)



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- [Grief And Loss In Later Life – Insights From A Life Coach And Former Funeral Director](#)
- [Ageless Bonds: An Exploration Of The Vital Importance Of Friendships As We Grow Older](#)
- [Insights On Navigating The Digital Age: A Reflection On Loss, Tradition, And Connecting Beyond Screens](#)

The Feisty News

Date of Publication: 11/23

Role/Contribution: Contributing Author

Title:

- [35 Female Business Owners Share How They Booked Their First Client](#)

Diane Bruno Life Coach Blog – Personal Blog

Date of Publication: 10/23 - Present

Role/Contribution: Author

Titles:

- [Understanding Imposter Syndrome: A Life Coach's Perspective](#)
- [Nurturing the Mind-Body Connection: A Guide for Women Through Life's Decades](#)
- [Understanding the Trend of Trauma Dumping: Why It's On the Rise and How to Address It](#)
- [Embracing Peace: My Holy Week Reflection](#)
- [Embracing Aging: Challenging Ageism and Celebrating Life's Journey](#)
- [Navigating the Winds of Change: Current Trends: A Life Coach's Perspective](#)



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- [Small Daily Habits for a Happier You: A Life Coach's Guide](#)
- [February: A Month of Love, Self-Discovery, and Bouquets of Affection](#)
- [Navigating Potential Storms: A Life Coach's Guide to Surviving 2024](#)
- [Unveiling Keyboard Courage: Navigating Online Meanness](#)
- [The Ripple Effect: The Profound Importance of Small Actions in Transformative Coaching for Women](#)
- [Navigating Fear and Cultivating Courage](#)
- [Embrace the New Year with Grace: A Stress-Free Approach to Self-Improvement for Women](#)
- [Your Legacy Blueprint: Shaping Your Life and Enduring Impact Each Day!](#)
- [Journaling as a Therapeutic Gift to Yourself and Others](#)
- [Embracing Life's Transitions: A Look Inside My Personal Journey](#)
- [Recognizing Toxicity: Signs It's Time to Leave Your Job](#)
- [Navigating Job Insecurity and Economic Uncertainty: A Guide to Finding Stability During This Season](#)
- [Navigating the Corporate Minefield: A Life Coach's Guide to Sustaining Mental Well-being at Work](#)
- [Be in the World, Not of the World: Navigating Modern Challenges for Women from a Life Coach's Perspective](#)
- [The Surprising Power of Denial: A Life Coach's Perspective on Harnessing Its Benefits](#)
- [Living Life on Your Terms: A Life Coach's Perspective for Personal Fulfillment](#)
- [Navigating the Holiday Hustle: A Life Coach's Guide to Overcoming Challenges and Embracing ALL Emotions](#)
- [The Silent Epidemic: Loneliness Across Generations and How a Life Coach Can Help](#)
- [Manifestation: The Double-Edged Sword](#)
- [The Synergy of Empathy and Coaching: A Natural Connection](#)



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RedLily Life

Date of Publication: 10/2019 – Present

Role/Contribution: Author

Titles:

- [My Journey to Becoming a Certified Life Coach](#)
- [Why I'm Talking About Ageism in the Workplace](#)
- [How My Life Has Come Full Circle](#)
- [How I finally Found True Love](#)
- [My Great Resignation From A Career That No Longer Served Me](#)

Free eBook – Women Through Life's Transitions

Date of Publication: March 2023

Role/Contribution: Author

Title:

- [Diane Bruno Life Coaching](#)



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Authority Magazine

Date of Publication: February 2022 - Present

Role/Contribution: Interviewee / Author

Titles:

- [Mental Wellness Mastery: Mental Health Expert Diane Bruno On Everyday Life Hacks For Optimal Mental Wellness](#)
- [Healing a Broken Mental Health System: Diane Bruno on 5 Things That Can Be Done to Fix Our Broken](#)
- [Diane Bruno: How Journaling Helped Me Be More Calm, Mindful And Resilient](#)

UpJourney

Date of Publication: 12/23

Role/Contribution: Author

Title:

- [What to Say and Do When You Cannot Attend a Funeral](#)

CoveyClub

Date of Publication: 11/22

Role/Contribution: Featured

Title:

- [Reinvent Yourself: 10 Women Who Did It](#)



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Emotional Intelligence Magazine +

Date of Publication: March 2022 - Present

Role/Contribution: Author

Titles:

- [Finding Inner Peace and Contentment](#)
- [What Are the 5 Stages of Grief?](#)

Health Products For You – Online E-commerce Retailer

Date of Publication: October 2022

Role/Contribution: Author

Titles:

- [Self- Advocacy: How Women Can Advocate For Themselves](#)
- [Tips To Stay Sharp as We Age](#)
- [Wellness Made Simple](#)
- [Stages of Health & Wellness for Women & Steps To Preserve Health](#)
- [The State of Our Mental Health - There is Help Available](#)
- [8 Effective Sleep Hygiene Tips](#)

Amazon – Journal For Sale

Date of Publication: November 2021

Role/Contribution: Author/Creator

Title:

- [HelloSelf Journal: Living Your Legacy](#)