

# —indie experts

IN OTHER WORDS

## Unpacking

A life unpacked, unedited and mostly unashamed  
*Angie Hammond*

What 'Unpacking' did for Angie was help her realise that she is more than enough, she is alright and yes she has made some stupid mistakes but as a human, after all - she's not that bad, not really.

What do you think you'd find if you "unpacked" yourself?

A scary thought for some, but not for one author and mentor who has done just that. What she calls a "conscious review midway through life" Hammond dissects herself in an interesting and rather confronting way, in her newly published book 'Unpacking'.

The book allows the reader to take a look at all of the moments that have sculpted her life to date and understand what lessons she derived from those experiences.

We all make decisions that change the course of our life path or make us think differently, which then leads us to behave differently. Imagine working out when those moments were and going through the process of ascertaining what lessons you might have learnt as a result.

This cathartic experience is now open for you to delve into yourself as you work your way through the chapters, Angie has helpfully left some space for you to write down your own findings as you answer the poignant questions posed on each page. So her therapy has turned into your therapy.

### Key Benefits of Unpacking

- Live a life with less baggage
- Get happy with your own self – others be damned!
- Know that where you came from is not where you are going.



Edition released 2017  
ISBN: 1544196148, 9781544196145  
**Genre/Categories:** Education  
Paperback and E-Book  
Print 130 pages pages

If you were given the opportunity to 'unpack' - do you think it'd make you understand why you are the way you are?

## About the Author



**Angie Hammond** has come a long way from the shy little girl who got picked on at school. Her life journey has helped her to find her voice, her confidence, her passion for travel and a deep love for Australia. In 2002, Angie made the huge decision to immigrate solo from London. She has not looked back. It was the best decision of her life - to date ...

Always having an interest in the creative & marketing side of business she had been involved in the textile industry for many years, then after a few stints of other roles including a sales role that made her confront her abhorrence of 'plastic salespeople' she ended up starting her own Marketing Consultancy. Armed with a keen eye for opportunity and a true understanding of human behaviour Angie has succeeded in helping hundreds of small business owners to find their purpose, launch their products and promote their brands to the Australian market.

The process of unpacking herself has helped her to work out what she wants to share as a mentor and has given her a guiding light to a future in mentoring, speaking and writing.

**Indie Experts: Leaders in non-fiction publishing services for extra-ordinary authors who speak, train, and change the world – or at least their special corner of it!**

**[www.indieexperts.com.au](http://www.indieexperts.com.au) — Stand 6.2 A23**