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## Former IBM exec shares soulful journey in new book (02/17/2005)

### The Mississippi Link

Seemingly without warning Lisa J. Whaley's journey of triumph took a quick detour to utter despair. Actually God had provided warnings, but Whaley ignored these spiritual red flags and speeded toward destruction — not even looking for an escape.

After all, Whaley had it all. Or, did she? As a wife, mother and successful IBM executive, Whaley pursued the success others expected from her and that she demanded. Yet, she found herself dealing with an out-of-control teen drowning in sex, drugs and alcohol, a failing marriage, and her own serious illnesses. Whaley ultimately considered the unthinkable – suicide.

Whaley had turned her back on the faith of her family and drifted away from God. At rock bottom, Whaley turned to God and restored her faith while rebuilding her life. “I grew up with a strong foundation of faith,” Whaley said.

“As an adult, however, I got caught up in making money and collecting material things and really strayed from my faith.”

Once Whaley reconfirmed her faith in God and made Christ the center of her life, everything started turning around.

“We may think we have everything,” Whaley said. “But if we don't have Christ in our lives, we have nothing. Once I put my faith and trust in God, started praying again, and put my life in his hands, I experienced several miracles.”

Whaley's book is a road map for women to find balance between family and career. She also shares her own 10 guiding principles to finding synergy between life and work. “Reclaiming My Soul From the Lost and Found” also is the author's testimony of the power of faith and prayer.

Whaley founded the organization Life Work Synergy to help people find synergy in their personal and professional lives, and to be the best they can – physically, emotionally and spiritually.

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