

MARIA LIZZA BOWEN

# REFLECT



**A perspective on understanding  
your reality and becoming unstuck**

**MARIA LIZZA BOWEN**

REFLECT | MEDIA KIT

# 01

# Author Biography

Maria, a Scientist and the Author, has spent three decades in the pharmaceutical industry and a lifetime investigating human nature.

Maria Lizza Bowen is a Sr. Director of Clinical Science with nearly 30 years in the pharmaceutical industry. Her experience includes molecular, chemistry, biochemistry, and virology laboratory studies; quality assurance in pharmaceutical manufacturing; and clinical cancer research with a focus on executive leadership, program management, talent management, inspection readiness, quality systems development, and process excellence.

Maria is also an author and a student of life. Growing up surrounded by her compassionate mother's vast book collection and her father's simplistically raw yet deep perspective on life, she began reading at a very young age and dedicated a significant portion of her childhood and adult life trying to understand why we're all here.



**Maria Lizza Bowen**

## **Bio Continued**

Maria's quest for answers resulted in a large collection of books on physics, philosophy, and spirituality, which led her to acquire a different perspective on the curve balls that life has thrown her way.

To find out more information about her book, please visit her website at:

[marializzabowen.com](http://marializzabowen.com)

# 02 Book Details

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**AUTHOR:** Maria Lizza Bowen

**CATEGORIES:** Self-Help, Self-Awareness, Personal Transformation

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**Discover how to see things differently and intentionally create the reality you want. Only then can you gain the insight you need to manifest the life you were meant to lead.**

In *Reflect*, Maria Lizza Bowen illuminates the path to understanding your reality, which is essential for navigating life's journey with purpose and utmost fulfillment. With her expert guidance, you will discover the transformative power to break free from the mindset that constrains you and tap into the limitless potential that lies within.

And, as you explore Bowen's insights, you will also understand the internal process that occurs before you respond or even react, as well as:

- The difference between reality, truth, and your perception of truth
- How the act of blaming/judging others and/or ourselves is a crutch causing you to fail in seeing the whole picture
- How identifying your triggers relates to not accepting aspects of ourselves that we do not, or have not acknowledged
- How to uncover what's really bothering you and ways to change your perception to move past your problems
- How you can use the concepts of change and creativity to live the life you intend

Armed with the knowledge found in *Reflect*, you will be able to see yourself with clarity of perception and let go of self-defeating patterns that have been hindering your progress. Only then can you come to understand how a shift toward mindfulness can enrich every facet of your life, leading you to a happy and lasting inner peace.

# 03

# Target Audience

## READERS SELF-HELP BOOKS

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*Those looking to improve their mindset will find a wealth of knowledge in Reflect. In particular, those with an open mind will be able to employ the vast wisdom imparted by Maria Lizza Bowen to reshape their lives into a better and much happier existence.*



## 04

# Chapter Excerpt

## EXCERPT FROM CHAPTER 6: VECTORS OF AWARENESS, SUBTITLE YOUR TRIGGERS

I'm a firm believer that the core of my passion (not the "anger" passion) and drive originated in the darkest places. I'm the baby of my nuclear family and the only girl after four boys. It took me 40+ years to realize that the un-intentional esteem-destroying comments from my young brothers, such as "you're just a girl", "you don't count", "you can't do that, you're stupid", totally messed up my existence. Okay, I'm being a bit dramatic, but it's kind of true. You see, those comments from my brothers (and the girl-can't-do-what-boys-can-do comments from my protective Italian father) subconsciously messed with me. As these comments were unknowingly and innocently tossed around, my feelings would get hurt a little.

But I was tough, I wanted to be like my brothers. I let it roll off of my back. Or maybe I didn't. Listen, they would say these same comments to each other (minus the girl ones... sometimes). It's just a part of growing up, right? Pecking-order dominance. The repetitive jokes and "less-than" messages that I have on some level accepted as true (that's me taking responsibility), really started to manifest as I got into my late teens and young adult years. Those off-the-cuff words buried themselves deep in my psyche. So how did I express my feelings instead of showing them or acknowledging them? I got angry! I 'grew' a temper. This response was apparently my way of maintaining control for myself, a way of not being dominated or knocked down – of striking back. Just as a porcupine senses danger and goes into protection-mode, the quills on my back were always cocked and ready to fire.

When I found myself in situations where I felt put down – actual or perceived – I wouldn't get sad or cry or pout or go get my nails done. No, I would get red-hot mad and come forth as a raging, mouth-foaming dog. How that anger manifested on any given day depended on my ever-changing mood – revenge, complete avoidance (ice), holding a secret or not-so-secret grudge, attacking, denial... the list goes on. This process did not do much for my cortisol levels over time, either. Somehow, I missed the step of processing what was actually going on and launched right into attack-mode.



**EXCERPT CONTINUED**

I finally arrived at the point where I couldn't take the conflict anymore. I was sad all of the time. Something had to be done; I had to make a decision. So, I finally broke down and decided to get help from an objective source. I realized (with a little help from an amazing therapist) that I've been unknowingly collecting evidence over the course of my life to support a belief about myself that I didn't even know I had! I was a man-hater! Yep. Each and every time a boyfriend did me wrong, my belief about men grew stronger. I really didn't know what was going on; I just knew that it was only a matter of time before my next attack. I would find myself attracting men that would support my uncovered belief as well. But those days are over! With a little probing in the right direction, it took less than a minute to realize what was actually going on. I no longer needed to attract men who supported this hidden belief.

# 05

## Sample Interview Questions

01

*What are a few ways in which we get in our own way?*

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02

*What made you write this book?*

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03

*Why is blaming and judging keeping you stuck?*

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04

*How do you learn how to take responsibility for yourself?*



05

*When people read this book, what do you hope they take away from reading it?*

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06

*Can you share the process of self-discovery from your perspective?*

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07

*Is there anything you don't want the reader to forget?*

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08

*How do you think most people view their mistakes?*

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09

*Why is understanding perception so important to changing your own reality?*

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10

*Is there something that you continue to struggle with?*

# 06

## Media Coverage Headline Ideas

01

*Step Out of Your Comfort Zone: Discover the Transformative Power of "Reflect" by Maria Lizza Bowen*

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02

*Unlocking Your Inner Potential: A Guide to Overcoming Life's Challenges with 'Reflect' by Maria Lizza Bowen*

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03

*Finding Clarity in Chaos: How "Reflect" by Maria Lizza Bowen Can Help You Navigate Life's Ups and Downs*

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04

*A New Perspective on Self-Reflection: Dive Deep into 'Reflect' by Maria Lizza Bowen*

05

*From Stuck to Thriving: How "Reflect" by Maria Lizza Bowen Can Empower You to Create Positive Change*

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06

*Embarking on a Journey of Self-Discovery: Explore the Insights of 'Reflect' by Maria Lizza Bowen*

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07

*Achieve Inner Peace and Emotional Resilience with the Wisdom of "Reflect" by Maria Lizza Bowen*

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08

*Defying Limitations: "Reflect" by Maria Lizza Bowen Offers Insightful Strategies for Personal Growth*

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09

*Discovering Your True Potential: Awaken Your Consciousness with "Reflect" by Maria Lizza Bowen*

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10

*Embrace Self-Reflection and Embody Empowerment: Unveiling the Lessons of "Reflect" by Maria Lizza Bowen*

07

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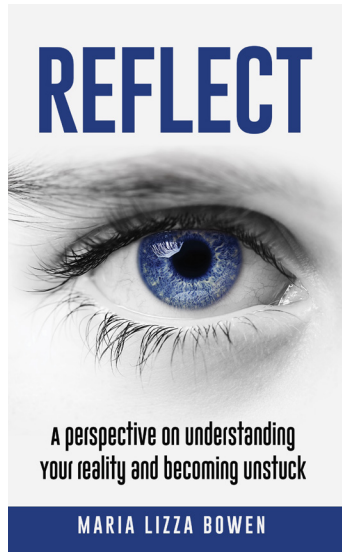
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# Cover Image Request



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