



Life coach publishes book

ALTON — Niccie Kliegl of Alton, certified life coach, speaker and owner of Fulfill Your Legacy, LLC, has published the book “Awaking the Living Legacy.” Kliegl will be launching the book locally at a December 5 event, at which she will sign purchased copies. The event will be held at The Old Factory in Orange City from 5 p.m. to 8 p.m.

The book, Kliegl said, is a “tool kit for partnering with God, tapping into the healing and restoration He can provide, and to gain health, strength and energy you receive while working the calling He has specifically designed for you.”

Kliegl said that people are doing their best to balance jobs and personal life, but at the cost of fatigue. The Center for Disease Control, estimates that this year as many as 500,000 individuals, mostly women, will battle chronic fatigue syndrome, a crippling condition. The American Institute of Stress reports stress is the basic cause of 60 percent of all human illnesses and disease.

The book intends to spur reading to thoughtfulness and transformation, said Kliegl. She tells of her own lost place and how she gained clarity, focus and drive.

After 20 years of leadership in the health-care industry, Kliegl said, the work she loved became mundane. She founded Fulfill Your Legacy, LLC, in 2015 with a mission of infusing faith and the “Word” into the lives of those she comes in contact with. She is a mother of two daughters and wife to Jeff Kliegl, husband of 25 years.

“There is hope in this loud, busy and distracting world,” Kliegl said. “We can get our health, stress level, work life, and home life back on track. We need to focus on our one true source, the only one who can offer peace, joy, blessings, direction, opportunities and so much more.

The book is available in paperback from [Amazon.com](https://www.amazon.com) and as an e-book.