



**BISHOP PRESS**  
A WHITE ORCHID COLLECTION

Stories of Strength. Truth. Transformation.

# OVER IT.

A GIRLFRIEND'S GUIDE TO  
*Getting Back on Track*



*Hey Girlfriend...*

It's time to stop surviving...  
and start getting back on track.

A real-talk guide for high-achieving  
women who are tired, overwhelmed,  
and ready for a reset.

GET EARLY ACCESS

READ A SNEAK PEEK



## REAL TALK

Honest conversations that  
meet you where you are.



## PRACTICAL STEPS

Simple shifts that help you  
move forward with  
confidence.



## TIME TO REFLECT

Moments to pause, reset,  
and reconnect with what  
matters most.

## READY FOR A SNEAK PEEK?

Curious what everyone has  
been talking about?  
Read the opening pages of OVER IT.

SNEAK PEEK



*Hey Girlfriend...*

## I'm Lisa Bishop.

Leadership development consultant,  
executive coach, speaker, and founder  
of Bishop Press.

I help high-achieving women reset,  
realign, and rise with clarity,  
confidence, and purpose.

Through my coaching, keynote  
speaking, and writing, I create a  
space where women can breathe  
again, reconnect with their strength,  
and build the life they were  
meant to live.

*Lisa B*

I'll see you inside.

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## KEY THEMES

- Burnout & overwhelm
- Self-worth & boundaries
- Confidence & clarity
- Letting go & moving forward
- Purpose & personal alignment



## EARLY READER LOVE

*"I couldn't put it down."  
"Finished it in an hour."  
"I needed this more  
than I knew."  
"It felt like she was  
talking directly to me."*



## THE DETAILS

Title: OVER IT. A Girlfriend's  
Guide to Getting Back on Track  
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## PERFECT FOR READERS WHO:

- Are exhausted from trying to hold it all together
- Are ready for real change but don't know where to start
- Want a guide that feels like a girlfriend, not a textbook



## BONUS CONTENT

Launch updates,  
behind-the-scenes,  
exclusive resources,  
and special offers  
for early insiders!

*Don't miss out!*

*Let's Connect*



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