

WISE WOMEN SPEAK

20 Ways to Turn Stumbling Blocks into Stepping Stones

This inspiring 240-page book reveals how twenty courageous women transformed life challenges into opportunities for growth. Here is a sample from some of their stories:

Deborah Kern ~ Deb will show you patterns in your life that disconnect body and mind. Deb provides tools to reconnect and use this power to enhance not only your physical health, but also your work, relationships, and spiritual well being.

Donna Miesbach ~ Through her husband's sudden death, Donna learned it is possible to break through the veil of sorrow and into the light of joy. This discovery began an amazing journey that not only set Donna's spirit free, it opened doors the likes of which she had not even dreamed.

Kay Ryan ~ Kay learned it isn't how much you know that makes you good enough - it's how much you love. Kay offers time-tested strategies for reviving your spirit and acting on grace. She calls these techniques "CPR for the spirit."

Elaine Sullivan ~ Elaine found out that the life beneath the surface of each one of us is seeking its own expression. In reclaiming and celebrating our True Self, we begin to find our hidden wholeness.

Monica Traystman ~ Experiencing severe pain at many levels brought Monica to a new understanding of compassion, self-discipline, and love for herself.

Karen Wolfe ~ Karen discusses keys that unlock your natural healing wisdom and how they regulate the flow of your life energy.

Winalee Zeeb ~ Winalee will take you to the amazing and magical world of the sea as she translates heartfelt dolphin encounters into simple life truths which remind us to live life fully and joyfully.