

*New beginnings...*

*I experienced a major health crisis in my early 40's that took me out of the workforce for over a year. I went from athletic to bedridden where I slept my life away. Depression and confusion were my constant companions, along with a loss of identity because I was now totally helpless and not the strong one.*

*Learning about mind/body connections, healthy stress management, and the impact of minimizing and denial were major players in getting both my emotional and physical health back. This resulted in my being able to work again.*

*Now, more than twenty-five years later I look back and I'm so grateful for who I transitioned into because I am free to be me. I am totally healthy. I handle stress way more effectively and I live the life I love helping others to not only get their lives back again but create a new and improved version beyond what they initially had imagined or asked for.*