

CHOICES

AUTUMN 2017

PROSPERITY ISSUE!

DISCOVERING THE
MANY FORMS OF
PROSPERITY

AN INTERVIEW WITH KATHI KULESZA

SPEAKER, PERSONAL TRAINER, LIFE COACH



A PROSPERITY MINDSET

MAKE A CONSCIOUS DECISION
TO EXPAND YOUR DEFINITION
OF PROSPERITY



A SOURCE OF ABUNDANCE

LEARN HOW TO ATTRACT
ABUNDANCE BY GIVING OF
YOURSELF



4 ROUTINES WITH LASTING REWARDS

FOLLOW THESE 4 ROUTINES
TO FOSTER PROSPERITY IN
YOUR LIFE

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FROM THE EDITOR

do the one I'd like to first. That way I have accomplished something and only have four left. I do the next easiest one second and so on.

I write books the same way. Prioritize all the material and then pick the chapter I think is going to be the most fun to write and do it first. Then by the time I get to the difficult chapters, the book is almost written.

I factor in time every day for "me." Since having cancer, I know I need me-time. Some days I need to swim in the morning, some I need to take a nap in the afternoon. Since learning to give myself time for my needs, I find I have more energy to take care of the things that "must" get done.

Do you take time for yourself? Or, do you just push through each task, not stopping to really appreciate yourself? If you don't use lists, I urge you to make a practice of it.

And each night, before you go to bed, write in your Achievement Journal, the one thing you did that day toward the accomplishment of your goals. You will be amazed how much better you will sleep when you do this.

This issue is themed "Prosperity." Our writers have offered some really interesting viewpoints on the subject. I hope you'll read them and let us know what you think. Also, let us know if you have incorporated any of the ideas into your life. If you will use lists and take some me-time, I know you will live a more prosperous life.

What Choices will you make this season?

Judi

One of my coaching clients asked me this week, "How do you do all the things you do?" I had to sit back for a minute and think about it. Lists! That's it. I make lists...of all the things I have to do and all the things I want to do. Then at the beginning of each week, I get out my Achievement Journal and prioritize the lists. I pick the most important things that need to get done and I decide if it is something I can do all at once or do I need to break it down into steps. Then I make another list. What are the five most important things for me to do this week? Out of the 5, I will pick which one is going to be the toughest and which one I would really like to do. I

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PROSPERITY IS A CHOICE

BY JUDI MOREO

The end of World War II was a difficult time for most families. Money was tight, banks had collapsed, many previously well to do people were living on food stamps and rations. I was born during that time and I remember while I was a small child, we often collected green stamps or gold stamps and pasted them in a book which we could later “cash in” for some commodity such as an item of kitchen ware or table ware that

was wanted or needed. It was a time when many families were “strapped” for money. And, while I know that we were one of those families, we seemed to always live a prosperous life.

Both of my parents were hard workers and they definitely educated my sisters, brother, and me on the value of a dollar. We always had plenty to eat, a roof over our heads, and a big yard in which to play. We had a beautiful garden with lots of vegetables. I have to admit, weeding

the garden, and picking tomato worms off of plants were not my favorite pastime. Nor, was I overly thrilled about spraying insecticide and picking fruit. My mother loved flowers so we had beautiful flower beds, and often had cut flowers on the table or in vases around the house.

We often went to the beach on weekends, caught crab, and cooked them in a pot over a wood fire. Sometimes we went to the San Jacinto

monument and had a picnic on the beautiful grounds. My mother would read to us and tell us fabulous stories about the people in the Bible. When my dad would drive to the airport on Sunday evening to mail in his sales report to the company for which he worked, he would often park near the runway, go across to the sugar cane field across the street, cut off a piece of sugar cane and peel it back for me to chew on while we sat on the hood of the car and watched the airplanes take off and land. Daddy would tell me stories about all the fabulous places those planes were going and he would say that one day I would probably be on those planes going to some of those places.

Early on, I learned that prosperity was a way of life. Yes, it does take money to get on those planes and go those places, and I'm sure if my Father were alive today, he wouldn't be surprised that I have traveled to 28 countries... several of them, many times. He would know that was part of the abundant life he expected for me. And, what I am most sure of is he would be delighted that by becoming a public speaker, I found a way to get other people to pay for those plane tickets.

My mother would often sit in big patches of clover in our yard and get us to come and look with her to see if we could find a four-leaf clover (which meant we would have much good luck) and often, we would find one, take it home and press it in a book. Those clovers represented prosperity to us. It meant we would have good fortune, health and happiness. That is, after all, what a prosperous life looks like.

We also learned to believe in a Power in the Universe much bigger than us...a

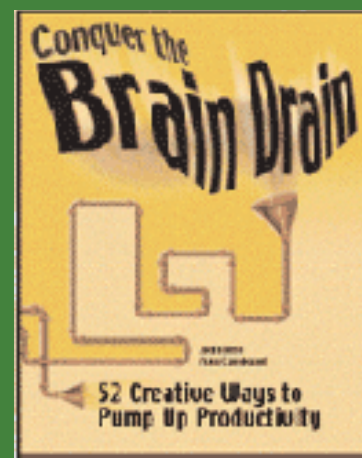
Power that would supply us with the knowledge and the resources to fulfill our needs, always at just the right time. That has ultimately always happened for me.

I am so thankful for the prosperity thinking of my parents, and that they taught us prosperity was more about mindset than about money. They taught me that no matter what my circumstance, living a prosperous life is definitely my choice.



ABOUT THE AUTHOR

Judi Moreo is the author of the award-winning book, "You Are More Than Enough: Every Woman's Guide to Purpose, Passion, and Power" as well as its companion, Achievement Journal. She is a Certified Speaking Professional who has spoken in 28 countries around the world. Less than 10 percent of the speakers in the world hold this highly respected earned designation. To contact Judi or book her for a speaking engagement, contact Turning Point International, (702) 283-4567 or judi@judimoreo.com.



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“There are many roads to prosperity, but one must be taken. Inaction leads nowhere.”

Robert Zoellick



RICH MAN, POOR MAN

BY JOAN S. PECK

By now, we have all read enough, listened to enough talks, and attended enough seminars to know *how* we view life and our prosperity has everything to do with perspective. Glass half full or glass half empty, right? But I dare say, there

are very few of us who don't worry about money for all it represents – power and freedom of choice – for we live in a society that values money no matter the cost of having it. And for most of us, our first thought when regarding prosperity has to do with money. And that alone brings its own problems.

Linda Poindexter says, “Neither a rich man nor a poor man gets to enjoy his money. One is too busy trying to hold onto it, the other is too busy trying to get it.”

We know there has to be balance in life and that life itself is filled with ups and

downs. Here is a Buddhist story portraying the two sides of wealth: “Once a beautiful and well-dressed woman visited a house. The master of the house asked her who she was. She replied she was the Goddess of Wealth. The master of the house was delighted and so greeted her with open arms. Soon after, another woman appeared who was ugly looking and poorly dressed. The master asked who she was and the woman replied she was the Goddess of Poverty. The master was frightened and tried to drive her out of the house, but the woman refused to depart, saying, “The Goddess of Wealth is my sister. There is an agreement between us that we are never to live apart. If you chase me out, she is to go with me.” Sure enough, as soon as the ugly woman went out, the other woman disappeared.” As most of us know, wealth has its own duality.

Yet, we seem to be on a constant quest for prosperity, come hell or high water—the kind of prosperity that is showy and obvious, causing others to acknowledge it and want it for themselves. We see it all the time in the society pages of different media where the wealthy preen in front of the cameras, believing they are special because of the amount of money they have. If indeed true prosperity includes more than money or soft surroundings, are they actually prospering unless they take that additional step? For to prosper means to succeed and flourish. Yet, there is an unspoken

caveat that says you can’t truly flourish unless you are content with who you are and the choices you make about how you treat not only yourself, but others. This is never more apparent than in the following quote:

“If a free society cannot help the many who are poor, it cannot save the few who are rich.”

John F. Kennedy

In other words, nothing comes without a price to pay – one of obligation. That is the cost of success if you understand and accept the idea of “noblesse oblige” if you truly want to prosper. “Noblesse oblige” is the inferred responsibility of privileged people to act with generosity and nobility toward those less privileged. Yet, today so many of us seem content to push that away and center only on ourselves. And, we only have to look as far as Washington, D.C. to see how that self-centeredness is happening in congress and is affecting all of us in a negative way. That disease of “self-coming first” encourages us with “If they can get away with it, why can’t I?”

The truth of the matter is that for any of us to truly prosper, we need to understand that disease of “self-coming first” doesn’t work for long. Once we understand that we are all ONE, there is no room for our excluding how we treat others. For what we do unto others, we do unto ourselves. There is no sat-

isfaction of gaining for self if it creates less for others. Luckily, many of us are learning what it means to truly prosper and are willing to step out and share this knowledge to those who look up to us for guidance and advice. Read this, believe this, and share this. You will prosper.



ABOUT THE AUTHOR

Joan S. Peck is an editor and author of short stories, spiritual books and a contributing author in two of the books in the *Life Choices* book series. She also writes for *Recovery Today* magazine.

Her latest book is ***Prime Threat – Shattering the Power of Addiction***, a book written with her son from the other side about what addiction is and how to live without it. It is an uplifting book with him sharing some of his own lifetimes of addiction and what he is doing now to clear them.

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Henry Ford



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4 ROUTINES WITH LASTING REWARDS

BY AMBER DE LA GARZA

As each day goes on, the unexpected likely occurs and pulls you away from your work whether it's a client call, pop-up meeting, vendor drop-in, computer issue, or sprained ankle. To make sure you stay on the path toward achieving your goals despite untimely disruptions, create effective routines at the beginning and end of your day. Those bookend rou-

tines will provide much needed stability and momentum toward achieving your vision of success even when other parts of your life are going awry.

Bookending your day requires that you complete four different daily routines – two in the morning, one personal and one business-oriented, and two in the evening, one business-oriented and one personal.

Personal Morning Routine

Invest in your own well-being from the moment you wake up. Brush your teeth. Take a shower. Eat an energizing breakfast. When you don't take care of yourself, your work and other areas of your life inevitably suffer. Set yourself up for a productive and successful day by starting it off with good self-care habits.

Following a personal morning routine also helps you achieve personal goals such as having a positive mindset or a healthy body. Investing small, consistent amounts of time into yourself will create the results you desire over time. Slow and steady wins the race because being

consistent and building endurance will keep you on task, headed in the right direction toward your goals, and prevent you from burning out. Every step in your personal morning routine should become just as second nature to you as brushing your teeth. Regardless of intention, daily habits breed outcomes. Make sure they're positive results.

Business Morning Routine

What do you typically do when you first arrive at your office? Check in with your assistant? Process emails? Browse social media? Identify the habits that make up your current business morning routine then make tweaks based upon your goals. That may mean reviewing current projects as soon as you sit down and leaving social media browsing for your scheduled break. You may find some of those habits could best be interchanged with habits you do in the evening when you have more or less energy depending on your own ultradian rhythms. Whatever habits you decide to continue engaging in as part of your morning business routine, make sure they are ones that build the foundation for a productive, efficient, and organized day.

Business Evening Routine

No matter what habits you currently engage in as part of your business evening routine, it is wise to include a daily review. Completing a daily review each evening before leaving the office ensures you return to work the next day with a plan of attack. Integral parts of an effective daily review include reviewing your current day's calendar and tasks, previewing your following day's calendar and tasks, and making adjustments as needed. You will be setting yourself up to conquer each following day before it even begins.

Processing your emails one final time for the day and clearing off your desk are also rewarding habits you should include in your business evening routine. Especially if you struggle with disorganization and clutter, spending just ten minutes clearing off your desk and processing emails will enable you to come in the next morning with a clean slate. You will be able to focus on what you want to work on instead of your overloaded inbox and overwhelming piles of paper and office supplies overtaking your desk.

Personal Evening Routine

Most nights after work you engage in a routine either consciously or not. Identify the habits within that routine then analyze what is not working for you. You might watch a recorded show, brush your teeth, walk your dog, or read.

Whether good or bad, all of those habits will have a lasting effect so make sure they align with your goals. If you have a long-term goal of a loving and lasting marriage, you could create the habit of spending one hour of quality time with your spouse each night making a purposeful connection. Consistently nurturing that relationship as part of your evening personal routine would greatly improve its chances of lasting success.

Allowing the middle of your day to have minimal structure in terms of routines provides much needed wiggle room for accommodating life's daily surprises.

Bookending your day with structured morning and evening routines is the perfect compromise to a fully planned out day and can help you stay on the path to success. Simply work backwards from your bigger vision to determine what you need to do on a daily basis

and customize your four daily routines accordingly to ensure you'll achieve that ultimate goal.



ABOUT THE AUTHOR

Amber De La Garza is The Productivity Specialist! Amber is a sought-after coach, trainer, speaker, writer, and the host of the Productivity Straight Talk podcast. She helps entrepreneurs take consistent, massive, focused action in your business and equips you with the specific techniques you need to reduce your stress, increase your profits, make more time for what matters most, and achieve your vision of success.



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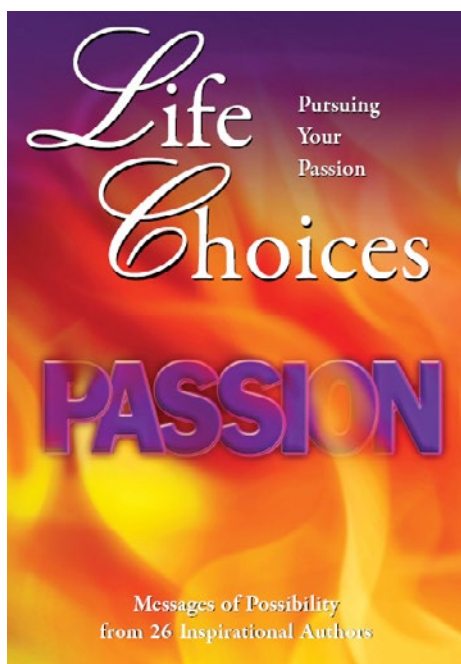
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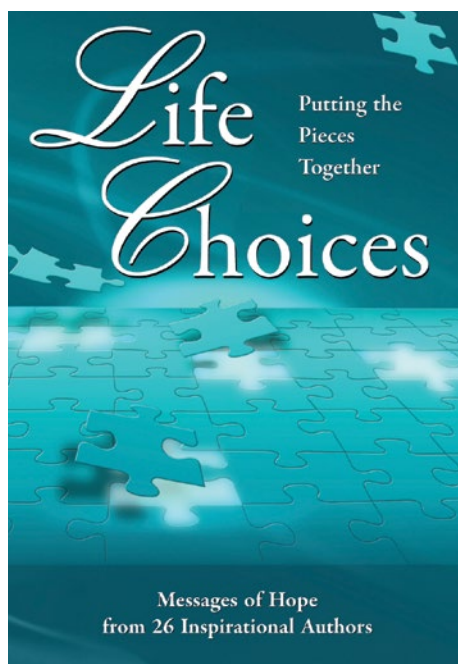
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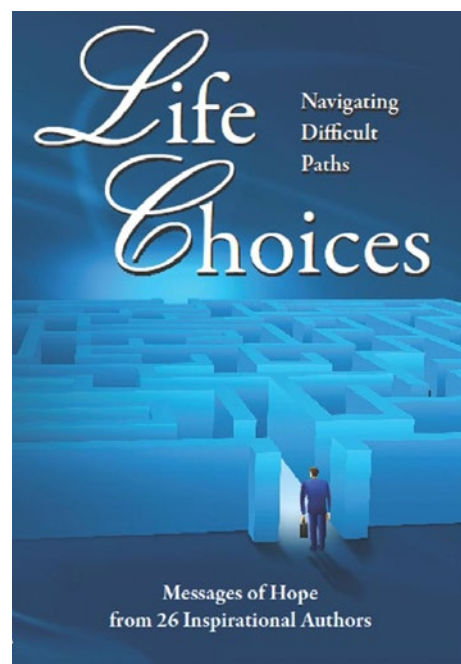
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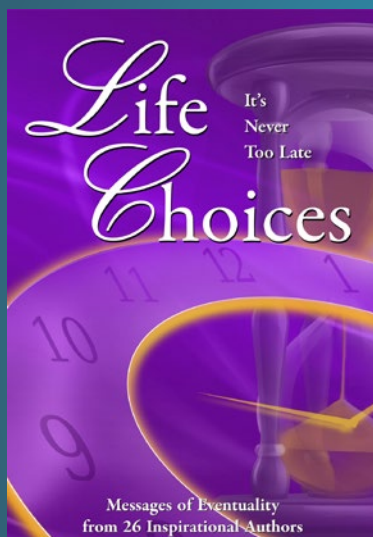
If you have ever had a dream that you wanted to pursue but didn't have the courage, if you've ever wanted to do something that you didn't think you could do, if you have ever wanted to go somewhere but didn't believe it was possible - READ THIS BOOK. Twenty-six authors share with you how they pursued their passions and made their dreams become reality.



Should you find yourself in circumstances that require the making of difficult choices, the stories in this book can offer you courage and inspiration. Each author has addressed hurdles they have faced in order to reach their current level of success. It is a collection of powerful true stories written by real people who have overcome the obstacles in their paths.



This empowering collection of stories reminds us that we all have choices and the choices we make are what determine the course of our lives. The authors of these stories are real people who have reached into the depths of their souls to share their inspiring journeys when navigating the difficult paths of their lives.



LIFE CHOICES SERIES

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No matter who you are, how old you are or your level of success, it is never too late to make the choice to be who you are meant to be. Don't be afraid to make changes. Don't be afraid to make an attempt to achieve your goals.

Within the chapters of this book, 28 authors tell their stories and share the lessons they have learned. Their enlightened knowledge can serve as inspiration for finding your own path to the understanding that it is never too late.



LIFE LESSONS SERVED AFTER THE KUNG PAO CHICKEN

BY SHERYL GREEN

Irarely put much stock in the wisdom of fortune cookies... okay that's not entirely true. Fortune cookies know everything! I'm positive that there are 5 ancient, wise Chinese men sitting at the edge of a rice field scribbling nuggets of brilliance onto ancient scrolls. Anyway, I recently received a fortune cookie with the following message, and it got me thinking about life, being prosperous, and about ordering a bowl of pineapple.

"In finding happiness for others, you'll likely find it for yourself."

You already know that prosperity doesn't have to mean financial wealth. You can be prosperous in your family, your friends, and with a couch full of rescued puppies, it just depends on what makes you smile. It sounds to me like prosperity is just another word for happiness.

So the question stops being "how do

I become prosperous" and becomes "how can I be happier", and that's where the wisdom of the cookie comes in. If you want to be happier, do something nice for someone else. As a little child, my friend would complain to her mom that she was sad- and she always got the same response. "Go do something nice for someone else." Whether you write a thank you letter to a friend, pay the bill for the person behind you in line at the coffee shop, or help a little, old lady across the street (just make sure she

actually wanted to cross), doing good things for others, brings us joy.

There's actually a ton of science behind this. In *The Hidden Gifts of Helping*, Stephen G. Post, a professor of preventative medicine and director of the Center for Medical Humanities, Compassionate Care, and Bioethics at Stony Brook University said,

"Rx: help others. This little prescription has the side effect of benefiting the helper, so long as one does not become overwhelmed. Research in the field of health psychology, and all the great spiritual traditions, tells us that one of the best ways to get rid of anger or grief is to actively contribute to the lives of those around us. Science supports this assertion: giving help to others measurably reduces the giver's stress; improves health and well-being in surprising and powerful ways, renews our optimism about what is possible; helps us connect to family, friends, places, and lots of amazing people; allows the deep profound joy of our humanity to flow through us and out into the world; and improves our sense of self-worth."

When you are sad, stressed, angry, or just need a happiness boost - follow the fortune cookie. Do something nice for someone who needs your help. Volunteer some time at an animal shelter, read to a child (or even better, let them read to you), deliver food to a senior citizen who could use a meal and some company, or drive a veteran to a medical appointment. There are endless opportunities to make someone else smile.

And just remember, when you help others, you help yourself. Hey! Wait just a minute. That should be in a fortune cookie.

**"As much as we
need a prosperous
economy, we also
need a prosperity
of kindness and
decency"**

Caroline Kennedy



ABOUT THE AUTHOR

After a devastating divorce and the realization that she was playing a secondary character in her own life, Sheryl Green experienced a deep depression. She used volunteerism and a variety of other tools to lift herself up and now helps others become the main character in their own lives.

A passionate animal advocate and rescuer, she approaches life and speaking with humor and heart. She'll help you uncover a life filled with passion, purpose, and possibly puppies. Find her at www.sherylgreenspeaks.com

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Art! Are you out of your mind?” Yes, that is what I said seven years ago, when my doctor told me to go take art classes as a release for the stress I

was having due to my cancer diagnosis. Actually, I think the cancer was due to the stress I was having. He also told me to take ballroom dance lessons. Now, those I could do, but Art, no way? Because he insisted, I found out about a local art gallery that had watercolor lessons. So, I went there with the idea that the art teacher would say I had no talent and send me away. But, I would be able to tell my doctor that I went.

The art teacher, Ed Klein, surprised me and said, “Sit down and show me what you can do. Here’s a picture of a yellow house. Draw it for me.”

ART? ARE YOU OUT OF YOUR MIND?

BY JUDI MOREO

I drew it and when I finished, he said, “Looks like you will be staying for class.” Scared to draw, afraid people would laugh at my art, uncomfortable in a class with advanced artists, I stayed. And to my surprise, I found out that I had some talent. I began to draw and paint with watercolors. Ed Klein was a patient and encouraging teacher. Then I spent a summer in Washington state and had an opportunity to study with a phenomenal wild life artist, Jeff Tift. He encouraged me to learn to use acrylics and I fell in love with painting wild life.

I didn’t know at the time that I would get so good, people would want to buy my paintings and ask me to teach them how to paint. Teach art! Whaaaaaat? Are you out of your mind?

About eight weeks ago, I decided to attempt it. I have taught many things, so art really shouldn’t be that hard to teach. Lol.

I started with five students—Roseanne, Diane, Charlotte, Laura, and Lorri. And, here they are with their very first pictures! I am so very proud of them.



What do you think? New class starting on Saturday mornings, September 30th. Do you want to come and join us? No, I’m really not out of my mind! You can do this!



DO YOU WANT TO THRIVE?

BY VITAL GERMAINE

Who doesn't desire a sense of prosperity in their lives? Perhaps, the more important question is how do we establish and create that feeling or experience?

For many, prosperity means a life of fiscal achievement, lavish possessions or complete financial freedom, while for some it's based on happiness void of materialism, yet others only desire love or to be in good health.

But, what if you could have all of the above granted to you by a modern-day genie that resides within an app, or the guarantee of achieving your dreams and desires via a 3-step program seen on a late-night infomercial? Yes, it's too easy and too good to be true. Or is it?

Mainstream media enables us to hear, see and witness people who have money, celebrity and power, yet whose lives are empty, lonely and sad, ending in tragedy. From the outside, they appeared to have a life of material wealth that should mean happiness. Chester Bennington, lead singer of the band Linkin Park, recently chose to commit suicide for reasons that were not apparent on the outside. I listened to, and observed remarks on social media, ranging from sympathy to wondering how somebody with “everything” could make such a somber and sullen choice. He prospered in the traditional sense of monetary comfort and security. However, emotionally, he languished.

Prosperity is a state of mind, a feeling in our hearts that aligns with our wants, expectations and our attitude. It is an emotion: not a possession or a destination.

I remember when I first came to America in 1991 with nothing more than a dream lodged in my pocket and a heart pumping belief. A run-down, rat-infested studio atop a five-story walk-up in Manhattan was home. I sometimes counted pennies repeatedly to make sure I had enough for a subway token, the day’s rations and rent. Despite the one table and solitary chair that accompanied me in my room, and the disgusting shared bathroom, never before had I felt so motivated, focused and happy... rich!

I knew that monetary reward would arrive in due time as a by-product, but the excitement of becoming the dream provided the satisfaction, the gratitude and the poetry. I had all I needed; a dream, a sense of purpose, passion, conviction and a childlike wonderment of who and

what I could and would become tomorrow. Inspiring and empowering others has become my new currency.

The secret to prosperity in its most encompassing form begins with thorough and profound introspection. This allows you to fully understand your most fundamental values and the prerequisites needed for you to feel complete and fulfilled. You must be honest with yourself no matter how selfish and unpopular your wants are, or how generous and considerate they are. Is being important essential to your self-worth? Is growth necessary to your sense of achievement? Does being powerful or influential validate the meaning of your life? Given that all men are created equal and endowed with undeniable rights that include Life, Liberty and the pursuit of Happiness, it is your life to lead. The next step is to create an action plan and execute, empowering you to self-actualize.

Not having our fundamental desires met is frequently the root cause of sadness, if not depression, and a sense of failure. Without fulfilling your emotional needs, you will struggle living a life of prosperity because there will always be emptiness in your soul searching for light. Money may be the conduit to reach your emotional expectations but it is not the actual Holy Grail unto itself.

I invite you to look deep inside to discover and reveal the ingredients you need to thrive and fly without a net, allowing you to live a life that fulfills and validates you on all levels: emotionally, spiritually, financially, mentally, and, of course, in a state of good health.



ABOUT THE AUTHOR

Vital Germaine, top-selling author of *FLYING WITHOUT A NET*, is a standout personality in the world of public speaking, corporate training, tradeshow presenting and team building. He draws upon 25 years of leadership experience across four continents, ranging from upper management, hospitality, business ownership, and creative direction.

Vital has worked with some of the following clients and groups: SGEi, Microsoft, BMW, Cirque du Soleil’s “Spark” Team Development Program, Hexagon, GP Strategies, Adobe, City of Las Vegas, McDonalds, Airline Hotels Group, Digital Guardian and University of Phoenix.

In a previous life, Vital graced the stage for Cirque du Soleil for five years as an acrobat and team captain.



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STEPHANIE THOMPSON, IS A MEMBER OF THE SCREEN ACTOR'S GUILD AND AFTRA. PRODUCED AND DIRECTED BY
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KATHI KULESZA

AN INTERVIEW

BY SHERYL GREEN

In June 2017, the Las Vegas Chapter of the National Speaker's Association presented the Judi Moreo Outstanding Achievement and Service Award to Kathi Kulesza.

This award recognizes a person who, in the spirit of Judi Moreo serves the membership without hesitation and always with good spirit. She is generous with her time, her love and concern for fellow members. She contributes more to everyone's positive experience than most will ever know. The winner neither demands, expects nor desires to be praised publicly, drawing satisfaction and fulfillment from the experience of helping others have a great experience.

A recent graduate of the NSA Las Vegas Speaker's Academy, Kathi has dedicated the last year of her life to the chapter, handling marketing of the chapter, special events, and sharing news from fellow members. With a Bachelor of Science in Hotel Administration, over 15 years experience in Hospitality Operations and Leadership, and eight years in corporate roles, responsible for loyalty marketing, Kathi is no stranger to the concept of service.

In 2007, she embarked on a wellness journey that led to a different kind of service, becoming a Certified Personal Trainer and Certified Life Coach, and helping people become their best version of themselves.

What did you think about winning the Judi Moreo award for NSA Las Vegas?

Being selected as the first ever recipient (after Judi, of course) is an incredible honor. Being given the award, knowing the contributions that she's made to the organization over the years, her unconditional support of the organization and the members, makes the award all that more meaningful. I love giving my time and energy to NSA, and I didn't need to be recognized for it. But, it is really nice to know that I'm appreciated.

Speaking and wellness are relatively new additions to your life. Where did your career begin?

I started out in Hospitality Operations right out of college and stayed there for 23 years. I worked my way up to managing multiple properties and when an opportunity presented itself to shift into a corporate role in marketing, I

took it. I didn't have any traditional education in marketing, but I became the Marketing Operations person, running a newly launched loyalty program for Wyndham International. I was the VP of Wyndham By Request for 5 years until the company was sold. I then became the VP of Quality Assurance and Brand Standards for the launch of Hyatt's new brands: Hyatt Place and Hyatt Summerfield Suites. Finally, I moved to Las Vegas, working as the Executive Director of Players Club for MGM Mirage.

What made you leave the corporate world?

I was fired. (Laughing)

I remember that day like it was yesterday. It was a Thursday in October of 2009. My boss scheduled a meeting at 8:30 am so I went to my office at 7:30 am to gather all of the information for the meeting topic she had given me. When I walked into her office, I saw that she and the head of Human Resources were waiting for me. I knew exactly what was going to happen because I had been in their position many times before.



They told me they weren't extending my contract. They both did their "blah blah blah" thing, and then gave me the parameters of being paid out of my contract. I made a snarky comment about not needing to bring all of my paperwork with me, and then headed home. I threw on some sweats and sat on my couch thinking, "This is probably one of the best days of my life."

I say that because I never would've had the courage to leave corporate America and start a new chapter of my life. I had to get kicked off that train.

Thankfully, you found a different train. Can you tell me about your wellness journey?

When I was very young, my dad called me "Slim" because I wasn't. I always had a few extra pounds on me. I was never categorized as obese, but there was a time when I was a few pounds away from that classification on the BMI charts. When I was working for Hyatt in Chicago, part of my commute involved walking .6 miles to and from the el train. I lost 8 pounds in 8 months and I attributed that to walking a mile each day, 5 days a week.

When I moved to Las Vegas to work for MGM Mirage, they put me up in the Bellagio for 6 weeks and my office was just down the hall. I gained 4 pounds in 6 weeks and when I had my blood tested at an employee wellness fair, I discovered that my cholesterol was extremely high. I knew that I had to get moving. I joined a gym and hired a trainer for a Quick Start program. When the program was finished, I hired him again and I've never looked back.

For the first time in my life, physical activity stuck.

By the time I got fired, I was working out three times a week. When I lost my job, my trainer said, "Now, you have time to go to the gym twice a day." I knew that going to the gym after work had erased all the stresses of the day. So, I figured, I am out of work, I might as well work out.

I learned a lot from my trainer, changed my lifestyle, lost 35 pounds, and got healthy. I toyed with the idea of becoming a personal trainer, but it just seemed so cliché. One day, there were tryouts to teach classes at the gym, so I tried out.

I wasn't selected, but they pre-selected me to teach BodyPump classes. I got certified and started teaching classes and then got certified in group fitness, personal training and life coaching. I liked that I had the practical knowledge of what to do in the gym to get healthy, the experience of what to do in the kitchen to lose weight, and the experience of doing the work on the inside so you're prepared to lose the weight and get healthy, and you can stick with it and sustain the changes. I had lost weight many times before, but always put it back on because I didn't do the inner work necessary to stay committed for the long term.

Now, you are taking your talents to the speaking world. What drew you to speaking?

Some might say that I've always been speaking. Being the first born and the oldest of 6, I've always had an audience. Unlike most people, I really enjoy being in front of people, speaking, teaching, leading. I loved to do it when I was younger, and in my career. Speaking professionally seemed like the natural choice for the next chapter of my life.



What scares you most about embarking on this new career?

I don't normally fear much of anything. If I fail, the worst thing that's going to happen is I'm going to be living with one of my many family members. That's the benefit of having a big family!

I guess what I fear most is being in my own way. Thankfully, the Judi Moreo Award came with a year-long coaching

package with Judi. I'm confident she can get me past that fear.

I think many of us struggle with getting in our own way. What's the best advice you've ever been given?

When I was in my late 20's, my General Manager and mentor, Ralph Sifuentes told me that if I wanted to be something, be it now. At the time, I was the assistant GM, but I wanted to be a GM. So, he

said, “Every day that you come into work, be the GM”.

I’ve always carried that forward. I’ve given that advice to people who want the next opportunity. If there’s something I wanted such as a job or a role in an organization, I’ve helped, or done it, or stepped up to do it. I do typically take a leadership role, whenever it’s available.

Who has been the biggest influence in your life?

Well, God. But in terms of people, that same mentor, Ralph (he’s no longer with us). He was a very spiritual man and had been a priest before becoming the GM. He was a mentor to me in both my spiritual life and in my career. I learned from him: you shouldn’t sweat or worry about the small stuff. Have faith that God’s got your back. Shortly after him leaving that property, I was promoted to the GM position and it had a lot to do with his mentoring and encouragement.

What inspires you?

The smell of coffee. (Laughs)

There are so many things. My nieces and nephews who are beautiful, amazing kids. They notice things in the world that adults seldom see.

God and His creations: the sky, flowers, the stars. Nature really. My faith inspires me every day.

I’m also inspired by some people at the gym. That small percentage of people who are there on a mission. They are there every single day, fighting to make themselves better. A lot of people look like they are doing it, but they aren’t really. These people know that they are in a battle for their life.



What is the biggest challenge you’ve ever faced?

The funny thing is that I don’t look at anything as a really big challenge.

I always look at them as opportunities. I have been fortunate that I haven’t had many heavy burdens in my life. I guess

if I sat back and thought hard about it, I would think “yikes.” But, I just don’t live in that space. With that said, my parents didn’t have the money to send any of us kids to college so I worked my way through, graduated and had my pick of four job offers. Then, I got in my car and drove halfway across the country to start my career in the hospitality industry.

The biggest challenge or learning experience that I had was as a young manager. I was an assistant manager of a hotel that went through a union election. It tested my belief system, my management skills and people skills, and it probably had some of the most significant impact on me determining who I was going to be in the hospitality industry.

What do you think allowed you to overcome it?

My fellow managers. We all supported each other and were honest with each other. We relied on who we were as people: good people who treated employees with respect. We tried to remain true to who we were. Many of my employees were immigrants who left very high paying, professional jobs in other countries and moved to the US only to find jobs cleaning rooms and toilets so their families could have a better life. These employees inspired me, too. I saw what some people are willing to sacrifice for their families.

Where do you see yourself over the next decade or so?

I want to share what I've learned through my career and my wellness journey with anyone who is willing to listen. They have to be coachable and be willing to take action. I want to help them avoid making all the mistakes that I made. I see myself doing that with groups and audiences, but also in a one-on-one setting.

What else should people know about you?

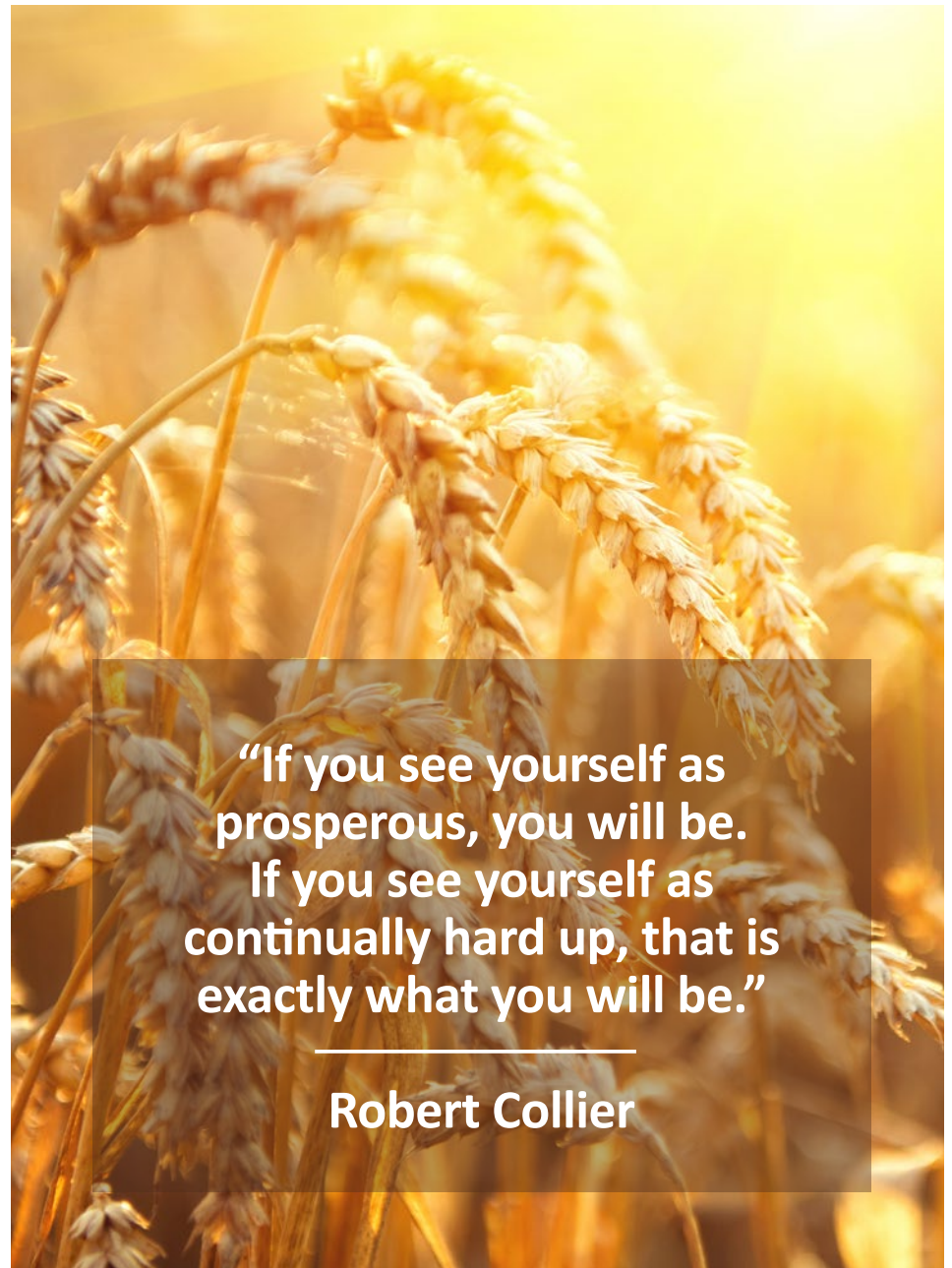
The main message I want to share with the world is that coming from someone who had the life everyone dreams of: a

very successful career, the fancy title, the amazing perks from working in the travel and hospitality industry, the nice car, the ability to live wherever I wanted, and the nice vacations... there was still something missing.

Since I was forced into a career change, I'm much happier and more satisfied, because I'm finally doing what I really

want to do instead of what I thought I was supposed to do. I want that for everyone.

Thank you for sharing your journey with our readers. The way that you live your life is an inspiration to others and I have no doubt that your words will encourage others to discover what's missing in their own lives.



“If you see yourself as prosperous, you will be. If you see yourself as continually hard up, that is exactly what you will be.”

Robert Collier



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- Creativity Coaches assist you in reaching higher levels of success.

Whatever your reason for seeking out a coach, Judi Moreo will help you acquire the skills you need to achieve your desired results. Your personally designed program will provide you with tried and true methods of getting from where you are to where you want to be in a positive and supportive atmosphere.

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My favorite Bible passage is John 10:10, “I have come that they would have life and have it more abundantly.” This quote is attributed to Jesus. Personally, I feel that my life’s purpose is similar to this. I believe that I am at my highest and best value when I’m helping others live more abundantly. That is certainly when I feel the most satisfied and worthwhile.

How about you? What makes you feel valuable and gives you great satisfaction? Odds are good that whatever has that effect on you is what you were truly designed to do. If it’s helping others, or athletic achievement, scientific discovery, exploring and adventure, writing, storytelling, performing or problem

YOU ARE A SOURCE OF ABUNDANCE

BY JIM CATHCART

solving...whatever it is, that’s your calling.

I believe that regardless of any religious disagreements, there is a Creator. Something or someone caused all of us to exist. And we were created as unique beings, the only ‘you’ who has ever existed, to fill a need, to provide some value to the world. Think with me, if you were The Creator of all things and you intended to design a system in which each entity had some purpose and val-

ue, how would you get that being to do what you had designed it, him or her to do?

Well, if you’re making all the decisions, then you can do what works for your plan. If your plan is to foster life in all its many forms and you want it to flourish, then you will want to have each being do what it’s there for and to do it without any further urging. So, you’d make it pleasing or instinctive. For animals, instinct is the guide and for humans,

intuition and emotion are added to the mix. We know when we are on the road to abundance by feeling that we are doing a good thing, or getting a sense of satisfaction from doing it. I'm not talking about the superficial pleasure that comes from a sweet treat or alcohol. I'm talking about the inner sense that we have done something that matters. Protein not sugar.

I grow weary of the folks who say, "I think God is trying to tell me something. I just wish there was a sign." For heaven's sake (pun intended), if there is a God then He won't need to hint! You'll just know whatever He wants you to know.

We were created with free will. We can choose what and how we do. We can even make bad choices. But we will KNOW when they are bad choices! Our

intuition tells us and our experience bears it out.

Then, what are we to do if we choose to live abundantly? First off, that is your job! It's what you are supposed to do, live abundantly. You are a source of abundance. You can give support, encouragement, love, information, instruction, and friendship. You can solve problems, repair breaks, and clean up messes. You can teach, lead, nurture, build, create, and entertain. You can bring more life to anything you do. It's your job.

Prosperity is the fruit of abundant living. When you are bringing more life to the world, the world rewards you with prosperity. Not immediately and not always tangibly but the rewards are always there somehow. How do you become rich? Enrich others in any way you

can. I love Zig Ziglar's quote, "You can get everything you want in life if you'll just help enough other people get what they want."

Look around you right now. What needs do you see? Is there trash to pick up, a door to open or shut, a danger to be removed, a compliment that could be paid, a smile to be shared? Can you make someone else's path a little smoother without changing your own? Then, please do so. I, and the rest of the world, need you. When you don't do what you could have done, then everyone else is denied the value you could have provided. Each of us has unique qualities and talents and we feel the most deeply satisfied when we use those talents to make the world a better place.

Thank you for being who you are. Now, "go forth and multiply" the value you can provide. Let's all prosper.



ABOUT THE AUTHOR

Professional speaker Jim Cathcart, CSP, CPAE is the founder of Cathcart.com and the author of 18 books including the international bestseller, *The Acorn Principle*. As a top 1% TEDx speaker his video has well over one million views. Jim is a regular contributor to Choices.

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**TRAILER PARK TO MAIN STREET:
QUESTIONS TO BUILD YOUR
PROSPERITY
MINDSET**

BY HOLLY DUCKWORTH





s we make choices in our lives, one of the choices we often make unconsciously is that of our financial standing.

We take money and make it a separate aspect of our life, not an integrated one. If you listen to what the media tells us, the rich are getting richer and the poor are getting poorer. What do you believe about prosperity in your life experience? How did your upbringing and how you relate to it create the prosperity and abundance level you enjoy in your life now?

What is the first thing you think of when you hear the words “trailer park”? For many people, trailer park brings up images of a place where poor people live. Often, when I ask that question I hear the comment, “Oh, trailer park trash.” If I were to tell you I grew up in a trailer park, would that change your perception of a person from a trailer park?

Prosperity can be a misunderstood concept often relegated to that of only money. As a woman who has done a lot of work around money and prosperity, I like this definition, “Prosperity is a way of living and thinking, and not just money or things. Poverty is a way of living and thinking, not just a lack of money or things.” Eric Butterworth

I share my experience growing up as a “trailer park” person now as a frame of reference for my readers to learn from. You see most of my adult life I would have told you, “I am a trailer park girl.” The meaning of this role could vary from feeling sorry for myself and using this as an excuse to live small to that of a badge of honor. It was my lack of prosperity thinking. Then one day I realized that the, “I am” of being a trailer park girl is

very different than that of having the experience of being a trailer park girl.

When you consciously separate your identity from the experience, you open willingness for a new choice.

What is your benchmark for prosperity? What do you say you are? Finish this statement. I am _____. If this word is positive, keep it. If the first word that comes to your mind is negative, maybe consider a new choice. (This magazine is called Choices, after all.) I am having the experience of _____. I want to have _____ experience.

When you consciously separate your identity from the experience of prosperity, you open willingness for a new choice.

What is it you consciously want to prosper in your world, relationships, money, and health? Here are a few questions you can ask to shift from a hardship mindset to a prosperous one.

- What do I believe now about the current prosperity experience I am choosing?
- What am I asking for around my prosperity?
- What am I willing to receive as prosperity in my life?

Even as an adult, I continue to work with my conscious abundance mindset. I look back on my life as a trailer park kid and know what I believed about that has shifted over the years, I’ve asked for new levels of prosperity in my business and had to be willing to receive abundance in new ways.

This fall make a conscious choice to expand your definition of prosperity. Be willing to invite a new experience of money, relationships and learning into your life. The power is in the questions you ask. Listen with your courageous heart to the answers that come from within.

This year I made the choice to flourish, to consciously prosper, to use my experience as a trailer park girl as a powerful catalyst to empower others and myself to have a prosperous way of living. If I can, you can, too.



ABOUT THE AUTHOR

Holly Duckworth, LSP, CAE, CMP. A nationally recognized author, speaker and coach for conscious leadership and motivation. Holly is a regular columnist for MeetingsNet/IdeaExchange, Association Trends and writes regularly on the future of leadership for Science of Mind magazine. Join Holly in the conversation. Listen/watch her weekly show “Presence: How to Live & Lead Consciously.” Available on iTunes. She lives in Denver, Colorado. Learn more at hollyduckworth.com, visit her on LinkedIn & follow her on twitter at @hduckworth.

A woman's story of empowerment in
a man's world...



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there's fire, and
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WHAT ADVERB WILL YOU CHOOSE?

BY GINA GELDBACH-HALL

When I think of prosperity, I think of it within financial terms but that definition falls short of its full meaning. The act of having prosperity is much greater and has far more value than a pure financial sense. Instead, it is an attitude more than a personal goal of financial fortune.

When we focus only on the need of financial means, we are actually limiting ourselves from the very thing we desire, because we are admitting we are without. To obtain wealth, focus needs to be on seeing opportunities

and capitalizing on those events. As an example, I volunteer at a Thrift Store and we have a drawing each month for a gift basket that customers can enter with a raffle ticket they receive after a purchase. Every time I work, I hear about a quarter of our customers say, “No thanks, I never win.” I can’t help but wonder how that affects all of their decision-making. I’m not saying we need to enter every contest (nor, is it wise, at times) but more to reflect on how many times the universe gives us an opportunity to improve; yet, we say no. What opportunities are being missed by that simple decline?

Miracles happen *after* we take the first step but we have to take action. How many people do you hear saying they want something, but when asked, they aren’t doing anything to obtain it? To gain prosperity, you must first make an attempt. If your job isn’t what you want, are you putting in applications elsewhere? If your relationship isn’t working, are you doing counseling? If your kids aren’t spending time with you, are you taking the first step and inviting them? We can’t change our circumstances unless we move and we can’t expect to move unless we are proactive in doing it. It is action first—results follow.

pros·per·i·ty

[pro-sper-i-tee]

noun, plural **prosperities**.

1. a successful, flourishing, or thriving condition, especially in financial respects; good fortune.
2. **prosperities**, prosperous circumstances, characterized by financial success or good fortune.

If you want prosperity in your life, you will have to change. Take the first step, fill out the application, show up for the interview, *and*, be excited to be a part of something new. If you can't do that, then prosperity will always elude you. For prosperity is an action word, a noun, requiring an adverb to define it and that adverb is *YOU*. What are you waiting for? Life is that raffle ticket, you only have to take the time and energy to fill it out and see possibilities unfold. What adverb do you want to describe your prosperity? I'm choosing abundant to define mine. Pick a great one!



ABOUT THE AUTHOR

Gina Geldbach-Hall is an inspirational speaker, author, life coach, and facilitator with 25-years of emergency services experience from EMT and firefighter to Battalion Chief. Her book, *Firegal... Rising from the Ashes* is available on Amazon.com.

She continues to inspire leadership and service helping others to ignite the flame of empowerment within their lives and work. She is available for coaching and speaking engagements. Visit her website FiregalWisdom.com for more information.



“It is not the ship so much as the skillful sailing that assures the prosperous voyage.”

George William Curtis



**Resilient Survivor
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Resilient Survivor

*A true story of GROWING through
BETRAYAL, DECEPTION and LOSS*

BY MARLENE LIVINGSTON CURRY

“This is a book about love, betrayal, and a mysterious death. The author, Marlene Livingston Curry, shares her personal journey through devastating circumstances in order for us to understand she has been where we are, hurt as we hurt, and felt complete devastation from the secret betrayal of the person she loved the most. She then shows us how to reclaim our self-worth, resolve the shame issues we may be dealing with, and rise to new levels of self-confidence, happiness, and success. Within these pages, you will find practical ways to meet challenges, overcome difficulties, and give up any feelings of brokenness.”

—Judi Moreo, author, *You Are More Than Enough*

“This book is both inspirational and practical. It is the kind of book you will keep close at hand, refer to often, and actually use. It is full of simple, yet profoundly effective techniques that anyone can use to regain and maintain self-worth and confidence.”

—Mary Monaghan, author, *Remember Me?*

“This is a book I will keep and give to others, to my friends who are grieving. Marlene writes from a calamitous experience and offers advice of various ways of coping with the issues following the death of a loved one.”

—Kathie Slaughter, Retired teacher

WWW.MARLENECURRY.COM

Marlene Livingston Curry is available for lectures and workshops based on her book *Resilient Survivor*.

EMAIL MARLENE
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W

hen in the midst of a major tragedy it is hard to picture yourself thriving and living a prosperous life.

If you are willing to pick yourself up, turn and look in a new direction, and move forward in faith believing things can work out, then opportunities will come your way.

That is exactly what all 12 speakers at the Unstuck Happiness Conference have done! On August 19th at The Smith Center for Performing Arts in Las Vegas, Nevada, the public had an opportunity to hear from some very inspirational

UNSTUCK CONFERENCE

BY JOHN POLISH

people. All of the speakers shared their struggles, the strategies they used to get Unstuck, and the success they found once they got moving again.

The struggle is real! Leslie Elton, who was attending her second Unstuck Happiness Conference said, “No matter the age of the speaker, their story or gender, they all moved me. It was real and it was

raw.” At Unstuck, we look for real people with real stories, and we heard some amazing stories at this conference. The speaker lineup consisted of; Christoph Merrill, Heather Estus, Eddie Garcia, Patty Fadhouli, Alexa Glazer, John Polish, John DiDomenico, Kathi Kulesza, Vital Germaine, Sheryl Green, Siloh Moses and Judi Moreo.



John DiDomenico, the number one Donald Trump impersonator in the world, handled the emcee duties and was amazing and funny. We were blessed to have experienced professionals like Judi Moreo and Vital Germaine and, yet, equally moved by all presenters including first time speaker, Alexa Glazer, who brought youth and vulnerability to the stage.

This was our fourth Unstuck Happiness Conference. The first took place in March of 2016. I developed the concept because I had spent a lot of time being stuck. When I got moving again, I began meeting amazing people with stories of hope, people like Eddie Garcia, Sheryl Green and Dale Krause. They shared the stage with me at the first conference and were a part of our fourth conference.

It is impossible to feel sorry for yourself after seeing Eddie Garcia speak. Eddie contracted a flesh-eating bacteria four years ago and had both hands and feet amputated. If anyone has a right to feel stuck, it's Eddie, but don't say that to him. Eddie is one of the most positive and happiest people I know. While his story brought tears to the eyes, Eddie was quick to turn tears to laughter.

Dale Krause spoke at the first two conferences about living a bucket list lifestyle while battling cancer. Dale passed away in September, his message is shared at each Unstuck Happiness Conference.

My goal is to continue to inspire people to move beyond their circumstances so that they can experience an unstuck life. Why do I do this? For Abby! My daughter, Abigail, was born with a genetic disorder and was only with us for 42 hours. I believe her life had a purpose and this is it. Her life has had a positive impact on so many people. She is helping people live Unstuck lives.

I think Abby and Dale would be proud to hear comments like Amanda Morgan made after her third Unstuck Conference. "A day at Unstuck is full of fascinating people, poignant stories, life experiences and amazing connections to help fill up your "tool box" with things like: Values, Worthiness, Momentum, Strategies, Decisions, Gratitude, Opportunity, Attitude and so much more!! These are real people sharing their real lives. I am a huge fan of Unstuck Conferences!! There is something for everyone!!"

Learn more about us at:
www.UnstuckConferences.com
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ABOUT THE AUTHOR

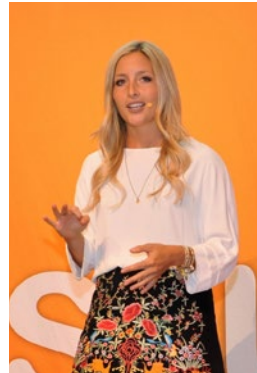
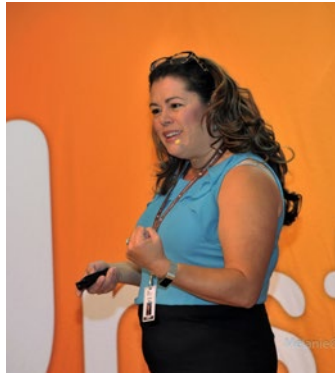
John Polish is an internationally recognized author, motivational speaker, and the host of the popular radio talk show, *Finding Your Happiness*.

John's books "Finding Your Happiness" and "A Healthier Happier Business" and seminars have helped people start businesses, save marriages and fight depression. John has a unique and systematic approach to helping people pick themselves up and move forward, so that circumstances do not dictate their happiness. He shares some of the same strategies he used to get unstuck after the passing of his only child, his daughter Abigail.

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UNSTUCK CONFERENCE PHOTOS

BY MELANIE ROSE WITH US EVENT PHOTOS



A *m I Going to be Okay?* is an American story with a universal message. Ms. Whittam traces her history in the form of stories about her all too human, and sometimes unhinged family; she throws a rope to the little girl living there, and in adulthood, is able to pull her out safely, bit by bit.

Her history is peopled with folks from a different time, a time before therapy was acceptable, 12 steps unimaginable and harsh words, backhands and even harsher silences can be spun to appear almost normal. She writes of a mother who would not or could not initiate love nor give it without condition, and a father, damn near heroic at times, abusive at others, a survivor with his head down and his sleeves rolled up.

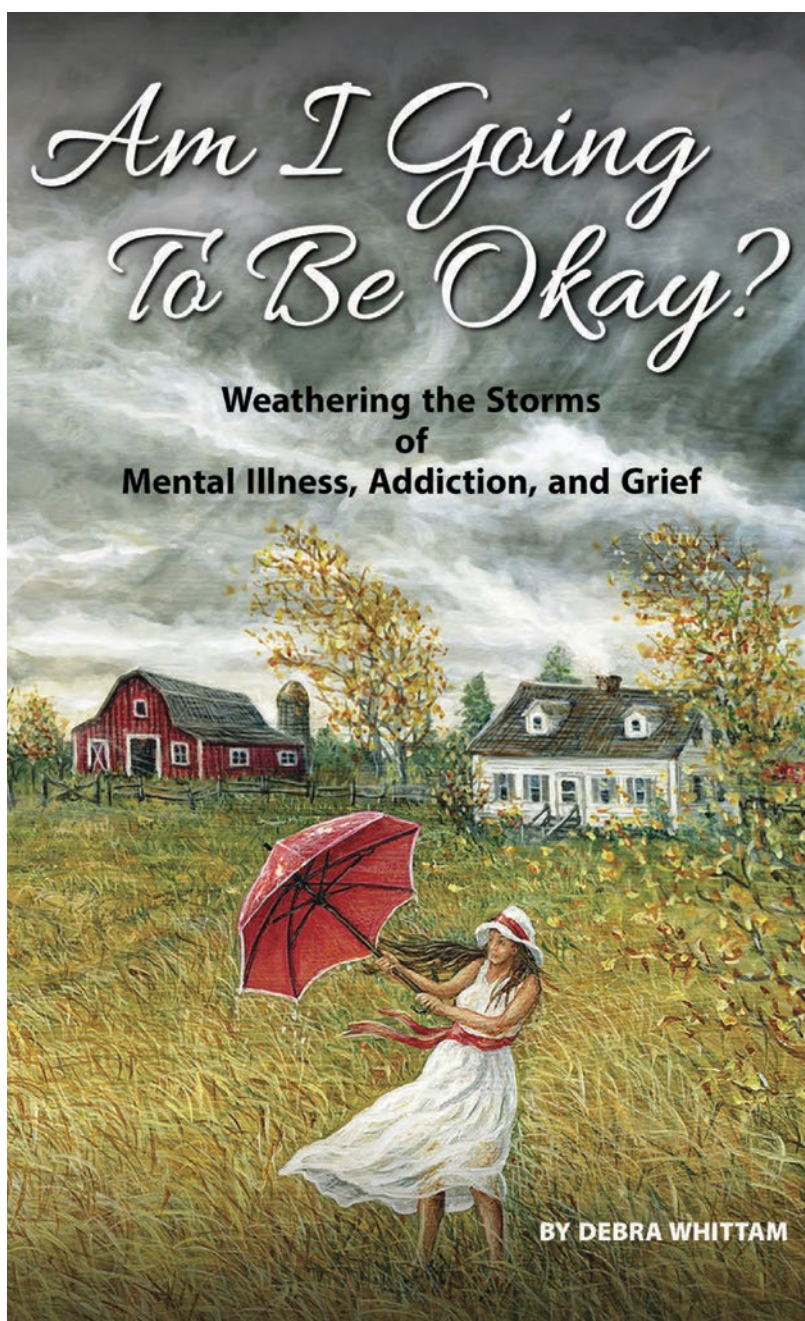
Ms. Whittam approaches her past with the clear-eyed, tough but sensitive objectivity necessary to untangle the shame from the source. She speaks of the people that affected her life so deeply with an understanding of their time and place in American culture; a family not far removed from immigrant roots when men carried their own water, emoted misplaced anger, and with fresh socks and food found on the trail, were confident, unflinching and at that same time tragically failing to the little ones they ignored.

Like many of us, details notwithstanding, Whittam responded by numbing, running and gunning. Alcohol gave her hope, soothed a crushed soul for a time and wrecked her on a train, until finally she had the courage to accept it wasn't working for her anymore. It was time to stop drinking and take inventory and accountability. It was time to accept, forgive and move forward. She healed where she was broken.

It is in the telling of this story that Whittam teaches us the difference between just surviving and surviving well; the importance of shared introspection and a careful eye on the wake we leave behind us in our actions. Her story is a guide to surviving abuse and addiction. It is also about witnessing and dealing with the shrinking faculties of aging parents in the unavoidable circle of life. Finally, she offers a realistic sense of hope, forgiveness and a life we can shake hands with.

AM I GOING TO BE OKAY?

REVIEW BY ERIC OESTREICH - ARTIST, AUTHOR, AND TEACHER



AVAILABLE ON AMAZON.COM



BY NANCY MILLS

Spirited Woman (www.thespiritedwoman.com) is a leading international women's empowerment community that was established in 2001 in Los Angeles, California. Founded by Nancy Mills, the creator of the Spirited Woman Approach to Life, the basic concept of Spirited Woman is for every woman to believe "I Am Enough as I Am." As Spirited Woman grew around the globe, one of its missions was to insure that "every woman visionaries" - women who are making a difference for all women- had a place to be seen and heard. With that in mind, Spirited Woman created in 2009, the Spirited Woman Top 12 Pick List and the Spirited Woman Top 12 Book Pick List. Both lists are featured at different times of the year - such as spring, summer, fall, and holidays- and 12 "every woman visionaries" are personally invited by Nancy to appear on each list. Since the lists began, over 800 women have been featured!

The Spirited Woman Top 12 logo is now recognizable on websites, blogs, market-

ing collaterals, as well as on social media as a symbol for women of achievement to be acknowledged. Spirited Woman is honored that Judi Moreo's book "You Are More Than Enough" will be featured on the upcoming Fall Equinox Spirited Woman Top 12 Book Pick List to be released the week of September 20, 2017.

To date, over 400 authors of note have been featured on the book pick list (past lists archived at: www.thespiritedwoman.com/top12picks). As Nancy says, "I am thrilled to feature Judi's book. She is a leading advocate for women and a true believer in the self-worth of women. It is every woman visionaries like Judi, who are changing the world one Spirited Woman step at a time."

In addition to the Spirited Woman Top 12 Lists, Spirited Woman is known for the The Sisterhood of the Sacred Scarves (www.thespiritedwoman.com/prayer_scarf) which honors women through scarf and ceremony. The Spirited Woman Prayer Scarf is a symbol of spirit, empowerment and beauty. To date there have been 20 scarves each

with a different theme. 1000s have been sold worldwide, connecting women together energetically. A portion of each scarf is donated to the Spirited Woman Foundation to help heal and support women through actions of empowerment. More than \$10,000 has been distributed to 14 non-profits.

For more information go to: www.thespiritedwoman.com



Spirited Woman Founder, Nancy Mills



World of

Book Reviews

With Judi Moreo and the Experts

Moreo reviews books in several categories: Business, Self-Help, Novels, and Children's books.

She analyzes the books on content, style, and merit and makes recommendations for books that will suit your reading needs and preferences.

About Judi Moreo

- Motivational Speaker
- Popular Podcast Host, *Choices with Judi Moreo*
- Publisher of the *Life Choices* Book Series
- Publisher of *Choices Magazine*
- Author of Eleven Books Including Two International Best-Selling Self-Help Books, "You Are More Than Enough" and "Conquer the Brain Drain."

The World of Book Reviews is live on WCOBM-TV in Las Vegas and is on-line 24/7 from anywhere in the world on:

AKExpertsTV.com

Produced and Directed by Aimmee Kodachian

OPULENCE: A NEW SLANT ON LIFE

BY LAURA PORRECA

My mentor instructed me to become “Prosperity conscious.” He said it was a must-do action step if I were to succeed in business. When I related my personal challenges, he frequently reminded me to focus on business instead. His ideas on prosperity were different from mine. I was wanting one thing but asking him for help on another. Suffice to say, it confuses people when we aren’t clear on what we want.

Do you have clarity on what you want? Is it financial prosperity? Are you looking for other forms of wealth, whatever they may be? There are a hundred other things, besides cash, that can make us feel opulent. Successful. Blessed. The trick is in finding what works for you.

I can’t speak to you on how to create millions of dollars. I have not cracked the code, nor have most who’ve gained and lost it in their entrepreneurial journey. But I can speak to you of opulence: riches and wealth, profuse abundance, of which I’ve had much in my life as a teacher, a mentor, and a lover of people. If that is your aim, read on!

Do not depend on one particular form of wealth.

This is like thinking only one person can make your life meaningful, or only one house will do. Open yourself up to the possibility that there are many forms. Your happiness can come from generat-





ing ideas, having good health, or building lasting relationships. Do people love you? Is that more rewarding than a pile of money? Look around and get clarity on what prosperity really means to you, not what others have told you to believe. See for yourself and decide.

Do not think of accumulation as the goal, rather focus on circulation.

As a speaker, I help my audiences realize that all things are theirs already. And, it begins with tapping into thought. Not thoughts of money, but getting in the zone of thinking large, generous and liberal. Enter into the spirit of opulence. Let your creative power flow through you. Direct your attention to being a distribution center. As you give freely, you will naturally become in tune with so much more than the limited thinking that money is the be-all of success.

Thomas Troward points us toward looking inward.

"...The danger is in not sufficiently realizing our own richness, and in looking upon the externalized product of our creative power as being the true riches

instead of the creative power of spirit itself."

How do you tap into your creativity to bring about the wealth you so desire? Realize your own riches! Direct your attention to giving, not receiving. Allow the circulation of all things... love, joy, and creativity to flow through you!

ABOUT THE AUTHOR

Laura Porreca is a speaker and trainer with three decades of experience in the field of education. She works with people who want to build better relationships through communication and connection. Sign up for her communication tips today at 7DailyHabits.com

"When the mind has once formed the habit of holding cheerful, happy, prosperous pictures, it will not be easy to form the opposite habit."

Orison Swett Marden



Now that I'm halfway through my thirties, my working definition of "prosperity" has taken a drastic shift. While I used to think prosperity was the exact definition Webster gave us: "wealth, affluence, milk, and honey," I've come to see it as more than the one-liner we expect. "Prosperity" isn't limited to the size of one's bank account; rather it is an individual's decision to live a purposeful life. Let me explain:

Purpose:

As anyone who's lived long enough knows, there are seasons of life that ebb and flow, and there are others where the waters are unsteady or even unkind. While this year has reaped definite blessings for us,—a long awaited trip with our kids to Disneyland, the publication of my first book, a move to a friend-

PROSPERITY: A BROADER DEFINITION

BY ALISA WEIS

ly neighborhood—we already know 2017 won't go down as our easiest year.

In these last months, we've also endured a job loss, a recent miscarriage, and uncertainty about our next steps. Though some seasons contain enduring joy, my guess is that many of your lives look like this too: you're watching the light show at Disneyland one moment and you're in a hospital bed having to accept unhappy news the next.

What I'm coming to realize through life's trials, other than the fact they require a lot of grit, is that a person can maintain

his/her prosperous mindset no matter the season. If you remember that you're here for a God given purpose, life's currents won't sweep you over quite as easily.

You don't have to love the hardships you're facing to maintain a prosperous mindset. Admitting that something is painful and hard is often healthy: the acknowledgement leads you to people who have walked your road and to books that nourish and guide you ("Rising Strong" by Brene Brown and "Unsinkable Faith" by Tracie Miles are two that come to mind). There are days that



might feel “heavy,” when you didn’t accomplish all you wanted to, but your determination to show up anyway reveals your heart and your character.

Presence:

My husband recently brought home a special edition of *Time* magazine called “The Science of Happiness.” While the bright yellow cover stared up at me for a few weeks, I recently read the issue cover-to-cover, and what I found in a lot of its pages were articles reiterating the importance of being “present.” In an age with unprecedented attention to social media, Netflix, and multitasking, it can take some effort to “ground” yourself in the here and now. But it’s so worth it to check ourselves when we’re numbing out, scrolling through everyone else’s highlight reels, instead of giving our presence to the family and friends right in front of us.

According to a recent Harvard study of 5,000 people, “adults spend only about 50% of their time in the present moment...Scientists found that when we are in the present moment, we are also at our happiest, no matter what we are doing” (“The Science of Happiness,” *Time* magazine).

While you might have a business that profits from the use of social media (as I do), you can still scale back on the amount of time you allow yourself on Facebook, Instagram, Twitter, and the rest. Living in the present moment—whether that entails piecing together a puzzle with your kids or stopping to analyze flowers on a nature walk—helps drown out the unnecessary noise and puts you on the path to what is most important and valuable in your life.

Gratitude:

Once, when I wasn’t feeling the most prosperous or happy, I met my aunt, Susan, at a local coffee house. As someone who wakes up thinking about coffee, or rather what flavor I’ll be putting in it, I highly anticipated my morning drink. But I wasn’t necessarily grateful for it until my aunt said something along the lines of, “Aren’t we fortunate to have so many choices? A lot of people don’t have something so cold and delicious on a hot day.” Her words gave me pause and reminded me that I had a gratitude deficit. Instead of keeping my thoughts tilted to all that was right and good, I was stuck on disappointments I couldn’t even control.

There’s a reason that psychologists recommend their patients keep a gratitude journal; studies have shown that those who exercise this practice are up to 25% happier than those who don’t (“The Power of Gratitude,” *Time*).

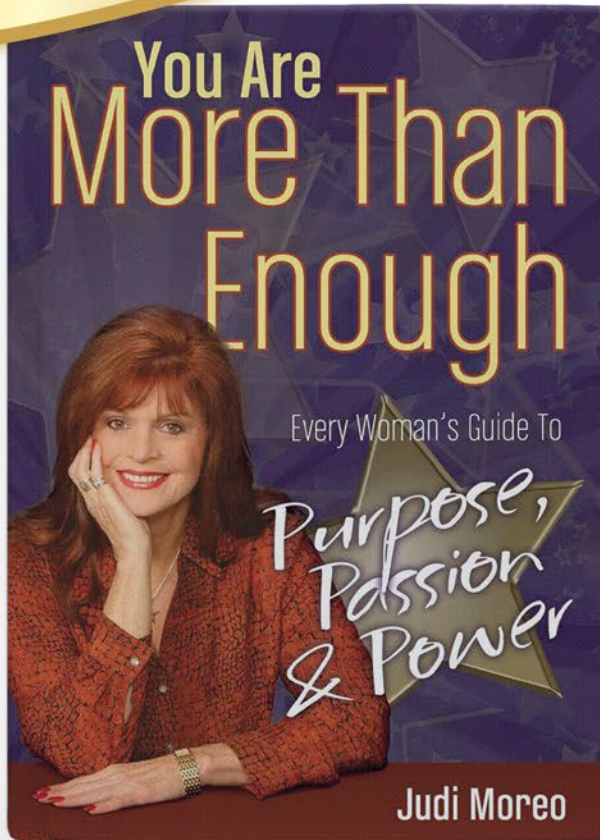
While life can deal harsh winds, it’s important to do what you can to keep your thoughts afloat. Jotting down even three things you’re grateful for in a given day can help remind you of the beauties and blessings we take for granted every day. In writing down our lists, we’re finding our footing, reminding ourselves that even if the circumstances aren’t what we’d wanted or exactly ideal, we can keep pressing onward and live a prosperous (meaningful, purposeful) life anyway.



ABOUT THE AUTHOR

Alisa Weis holds a BA in English Lit/Writing from Whitworth University (2003) and a Master in Secondary Education (2007) from the University of Phoenix. When she’s not teaching or writing, she enjoys attending personal growth seminars, exploring new coffee shops and spending time with her husband and two young children. Her first book “Swiftwater” is available on Amazon or through her website: www.alisaweis.com

THIS HOLIDAY SEASON, GIVE THE GIFT OF
SELF-CONFIDENCE



YOU ARE MORE THAN ENOUGH

EVERY WOMAN'S GUIDE TO
PURPOSE, PASSION & POWER

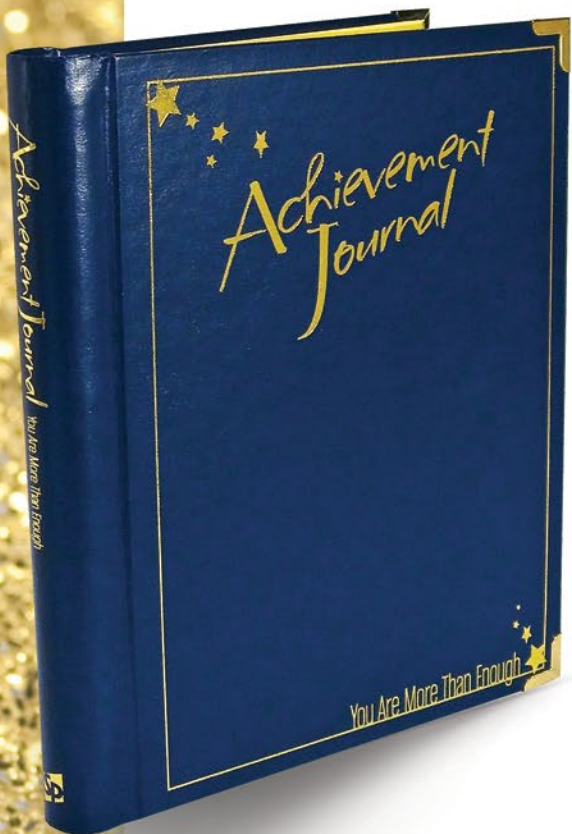
In this high pressure, high stressed, fast-paced world, most of us set our dreams aside just to get by. In this powerful book, you will learn how to:

- realize and accept who you really are
- listen to your inner voice
- create self-empowering behaviors and stop criticizing yourself
- set boundaries
- make conscious choices about relationships, responsibilities and rewards
- communicate for understanding
- use the power of your subconscious mind to create the future you desire
- recognize your strengths and make things happen
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This heartwarming, myth-shattering book is filled with practical techniques and illustrated by real-life situations. Use the ideas, techniques and exercises and you will dramatically improve your life. If you take this information to heart and make it a personal development course, you will soon find yourself getting the things you want, associating with the people you would like to have in your life, achieving the success you desire and living the life of your dreams.

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If you have ever felt as though you were created for "something more," but just didn't know where to start, this is the journal for you. It's actually much more than a journal! It is a step-by-step process of achieving your goals and making your hopes, dreams and desires come true. It gives you ways to make your life work as well as a proven technique for setting and achieving goals in the eight major areas of your life:

Career, Relationships, Finances, Health, Spirituality, Education, Community Involvement and Recreation.

In addition to a place for daily writing, there is a measurement tool for you to stay aware of how you are doing in each of these areas of your life.

If you apply yourself and take the steps laid out for you in this journal, you can't help but be successful! And you might know, Judi has included two pages of peel-and-stick gold stars in order for you to easily reward yourself!

ORDER TODAY!

You Are More Than Enough - \$24.95

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Bundle (You Are More Than Enough Book & Companion Achievement Journal) - \$50

"Judi is a living example that it is possible to find your life's purpose and passion. In this book, she shares the tools she used to achieve success and happiness. I recommend it for everyone trying to create the lives they desire."

- **Montel Williams, TV Host**
The Montel Williams Show

"Judi motivates you to tap into your innate potential to create new and exciting realities. A must read for anyone who wants to take charge of her life from the inside out!"

- **Sheryl Benzon, M.A., M.F.T.**
President, Ventures in Excellence, Inc.



BOUILLABAISSE FOR AMERICANS

BY S.L. GORE

Bouillabaisse is a generic French fish soup made famous in Marseilles and the perfect main course to serve when you have about one hour to make a gourmet meal. There are literally dozens of recipes for this famous dish whose only required ingredients are seafood and saffron. The following recipe, easy and delicious, is one I have developed over the years. The list of ingredients might seem daunting, but the prep is a snap.

The flavors, like with most soups and sauces, meld and improve over time. So whether you assemble it at the last minute—or in the morning to serve that night—this simple, yet complex-flavored soup is guaranteed to wow your guests.

BOUILLABAISSE

Ingredients:

- Fish fillet, thick and cut into large chunks, 2 per person. Cod is excellent.
- Peeled shrimp, calamari rings, and mussels in shells. A frozen medley packet is fine.
- Total amt of fish should be about 4-5 lbs. for 4 people
- olive oil, 4-5 Tbsp (cover bottom of pan)
- onions, 2 large yellow, diced
- garlic, 4 large cloves, crushed
- sweet pepper, yellow, orange or red. 1/3 cup diced.
- tomatoes, 3 fresh, peeled and chopped, or 1 small can, chopped (no juice).
- fennel, chopped green leaves from several branches or 1 Tbsp dried
- Pernod, ½ cup. If not available, use more fresh or dried fennel to taste.
- bay leaves (laurel), 3
- thyme, several stalks if fresh, ½ tsp if dried



The renowned French saffron fish stew or soup from Marseilles, *Bouillabaisse*, in the pot.

- orange peel, diced small, 1-1½ Tbsp
- saffron, 1½ tsp (not exact. Can use a little less or more, depending on packaging of saffron.
- salt & pepper (to taste)
- white wine, dry, 1 cup
- cream, heavy, ¼ cup
- boiling water, enough to cover ingredients in pan

Soup Preparation:

1. Sauté onions, garlic and sweet pepper in olive oil in large, heavy pot for 5 minutes.
2. Add fish and shellfish (not mussels) and turn in onion mixture until coated.
3. Add tomatoes, fennel, thyme, orange peel, saffron, salt & pepper and turn gently.
4. Add mussels.
5. Add Pernod and white wine.
6. Cover with boiling water.
7. Let boil fairly rapidly for 15-20 minutes.
8. Add cream to bind flavors.
9. That's it. Ready to serve in individual bowls with hot bread or to let sit and ripen.

Bread

Use a bread with thick crust and put in the oven at 400 for about 5-8 minutes to make even more crusty.

Optional: spread with crushed garlic and butter to make garlic bread.

Serve in a bread basket to break into small pieces and drop into soup as you eat.

Or, put in bottom of bowl and serve bouillabaisse on top (the French way).



My easy gourmet *Bouillabaisse* served with crusty bread and a very chilled French Vouvray made from Chenin Blanc grapes grown along the Loire River.



A Provençal lunch setting for four with white roses and large porcelain pasta bowls accented with decorative sea shells. Remove shells before serving!

A Little Sweet or a Big Sweet?

After a bouillabaisse, there's nothing quite like an exotic sweet-tangy fruit sorbet, mango or black currant, to tickle the tongue and gently ease away the lingering saffron and fennel.

If you don't want to stop there but leave your guests breathless, use the sorbet as a palate cleansing prelude to the world's richest chocolate cake that also happens to be the world's easiest.

I'm talking about the Dump Cake, a name as far from the elegant roll of bouillabaisse off the tongue as Chicago is from Marsailles. Make it the day before. Slice it thin; it's richer than rich. For a real showstopper, top each slice off with a dollop of homemade whipped cream.

DUMP CAKE

Ingredients

- 1 box Devil's Food cake mix (1lb 2.25 oz)
- 1 pkg instant chocolate pudding mix (42 oz)
- 2 sticks butter, melted (1 cup)
- 5 eggs
- 1 carton sour cream (16 oz)
- 1 package chocolate chips
- 1 ½-2 tsps orange extract OR peppermint
- Optional: 1 shot of orange or peppermint liqueur.
- Optional: heavy whipping cream

Instructions

1. Adjust oven rack to middle position. **Preheat oven to 350 degrees.**
2. **Mix** (whisk) melted butter, eggs, extract together in very large mixing bowl.
3. **Dump** in pudding mix. **Stir** well (can use electric mixer)
4. **Dump** in sour crème. **Mix** well. (can use electric mixer)

5. **Dump** in cake mix. **Mix** well. (can use electric mixer)
6. **Dump** in chocolate chips. **Fold** to mix. (do not use electric mixer)
7. **Pour** or spoon into greased bundt pan and bake for 55 min.
8. **Remove to cool for 15 minutes.**
9. *Optional:* dribble liqueur over surface as soon as cake out of oven.
10. During cooling, bang bottom of pan on hard surface a couple of times to loosen during cooling.
11. **Turn upside down** on a cake plate.
12. **Cover** tightly and let sit overnight for maximum moistness. Or serve right away, with or without whipped cream.

WHIPPED CREAM

Ingredients

- ½-1 cup heavy whipping cream. Doubles in size.
- 1 cap vanilla extract
- 1 Tbsp sugar, granulated or powdered

Instructions

- Add vanilla and sugar to cream, whip until thick and has the desired body.

Note: if it becomes too thick, you can add a few drops of heavy cream and stir.

ABOUT THE AUTHOR

Born with wanderlust, forever living in a fantasy world, S.L. Gore escaped the prairies of Kansas and followed the yellow brick road on an odyssey that took her around the world. Love of history, languages, mysticism, food, shopping and romance helped create her romantic time travel thrillers of the *Isis Trilogy*. Her *Sex and the Zen of Shopping* is a self-help for the spirit and how-to for the practical. Joyously married, she and her Viking husband live in Coastal California.

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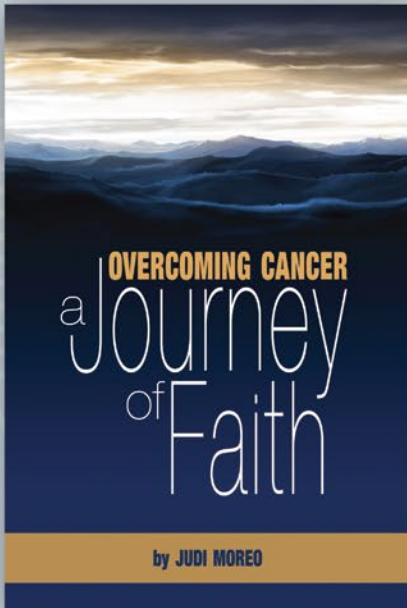


The Dump Bundt Cake in its singular glory dressed up in golden ribbons and decked out with flowering basil branches.



Award-winning author Judi Moreo knows what it is to travel the journey of cancer and shares that experience in this book.

Overcoming Cancer: A Journey of Faith



Through her personal story, inspiring quotes and practical suggestions, Judi shows us that cancer and fear are messages to us to make lifestyle changes. This supportive book can help the newly diagnosed cancer patient ask better questions, understand there are alternative and integrated treatments that can work and, most of all, maintain hope.

Even though traveling the cancer road was a rocky and difficult journey, it was also rewarding. The path through cancer requires enormous discipline, work, and change; yet it is filled with excitement, experiences and discoveries that can bring us to a new and better place if we are open to possibilities and focus forward.

"This book may help save your life or that of a loved one. Judi Moreo "gets it." She understands that the question is not "what kind of treatment do I undergo?" but rather "how do I heal myself?" Her personal experience with cancer taught her to recognize that recovery from chronic illness is often a recovery from an unhealthy life in many respects. With humor, grace and courage, she addresses the physical as well as the mental, emotional, psychological and spiritual needs for recovery in an easily accessible, practical way. Whether you are looking for help to reclaim your health from cancer or any other illness, let Judi be your guide."

- James Sensnig, N.D., Founding President, American Association of Naturopathic Physicians; Former Dean, National College of Naturopathic Medicine; Founding Dean, College of Naturopathic Medicine, University of Bridgeport, Connecticut; cancer survivor

"This book is a must for those facing cancer and for those who have loved ones facing this fear-filled disease. Judi writes from the heart -- telling her story with truth and emotion. She highlights her course of action, not forcing her opinions on anyone but truly providing options to conventional cancer care that are sound and doable. Her recommendations for nutrition therapy and exercise are quite impressive and fact-based."

- Julie Freeman, MA, RD, LD, Licensed Nutritionist, Integrative Medicine

This Book and Others Now Available Online!

www.JudiMoreo.com





CROSS THE LINE

BY RIDGELY GOLDSBOROUGH



ave you ever watched a runner stop and decide to sit down a few hundred yards from the finish line?

Would you remember if you did?

Or can you conjure marathon memories, Olympians staggering down the final stretch, falling, struggling to their feet, stumbling, tumbling and willing their bodies upright to somehow finish despite the anguish.

When was the last time you witnessed a racehorse drop out of the pack and decide to search for grazing grass?

Okay, so maybe those examples fall into the extreme category.

Few of us make the Olympics or gallop like champions.

Did you catch the painter packing his brushes after donning half the house with a coat of green?

Does the carpenter hammer only two thirds of a nail?

How would you feel if your coiffeur decided to style the left but not the right side of your mane?

When did we begin to condone the

notion that starting without finishing makes the grade? It doesn't.

If our forefathers fell into that rut, we'd babble the Queens' English and fancy fish-n-chips over burgers.

We blossomed as a nation of fighters, gritty women and men who challenged all odds, paid the price and kept moving.

Through thick and thin, mistakes and setbacks, we persevered, endured and flourished.

Looking around today, I'm a little worried.

"It's okay if young Johnny doesn't finish his homework. He had a tough day."

"Don't make her clean her room now. She's tired and needs to rest."

"You can turn in your report next week. I know this quarter has been extra stressful at the office."

Gimme' a break.

No, don't—and that's the point.

Too many excuses out there.

We expend more effort justifying our failures than mustering the oomph to complete the task at hand.

Too much whining.

Most of life's defeats happen to people who don't realize how close they come to tasting success when they quit.

If we could just try one more time, make one more call, give it one more shot.

When we forsake and renounce anything at the mid-point, we miss out in two ways.

First, no completion, no glory.

Second, not as obvious, we abdicate the lesson.

We spurn the chance to learn the very piece we need to succeed next go around.

The road to success runs through the land of failure.

To succeed quickly, double your failure rate, double the speed of your learning curve, suck each lesson dry and plug yourself back into the game.

No one crests any pinnacle without struggles.

Nothing great comes easily.

Nothing at all stems from surrendering in the middle of the battle—except de-

feat and the nagging question that lingers in the aftermath:

"What if I had kept on fighting?"

That's A View From The Ridge...



ABOUT THE AUTHOR

Author and International Speaker, Ridgely Goldsborough, believes in taking complex and challenging topics and making sense out of them. He started his first business at age 16 and since graduating from Law School in 1987 has founded 43 companies. Ridgely's team manages several active websites in multiple business verticals and he speaks in both English and Spanish, as an expert in online marketing. He has written 12 books, hosted his own television show and created dozens of audio and video programs on success and prosperity. In addition, Ridgely is the author of *The WHY Advantage for Business*, a revolutionary marketing and messaging program used to attract ideal clients based on a company's WHY. He is a frequent speaker at top internet marketing conferences and a facilitator and trainer for high-level CEO masterminds.

Ridgely may be contacted via ridgely@gmail.com or (850) 291-6575

"Prosperity is living easily and happily in the real world, whether you have money or not."

Jerry Gellis

THE GOSPEL OF PROSPERITY

BY REV. CHARLOTTE PARKER

M

uch has been written and preached about the prosperity gospel in recent years. And, much of what has been written is not seen as entirely positive.

So, what is it? Or, more accurately, what does it mean to the average person, whether religious or not.

The word “gospel” has in our society, for better or worse, become firmly and irrevocably associated with the Bible, Christianity and Jesus. Since we live in a diverse world where not everyone shares the same religious beliefs, we must before we proceed, have a common understanding of the word “gospel”. The word itself comes from the Old English god (good) and spell (news or story) and is often used as the translation for the ecclesiastical Latin, bona annuntiatio or the Greek, euangelion, literally meaning ‘good news. For this discussion, let us bring it back to a completely secular and simple understanding. Gospel is good news, wherever it comes from.

Now that we have established common ground, let’s look at what prosperity is and is not. Prosperity is not just about having lots of money. Money is not the only road to happiness, success or feeling prosperous. True prosperity is



about abundance in all things. When we look at the world around us, not with the lens of day to day living and material acquisition of things, but with the broader lens of life itself, there is so much more than enough for which to be grateful.

The good news is that we live, move and have our being in an abundant universe. There is more than enough love, joy, and peace to go around. The sun shines, every day. We may not always see it, but it is always there. Even if it is hidden behind the clouds, it is still there, shining and giving its energy to the earth. Science has taught us that matter can neither be created nor destroyed. It can change form, but the atoms and molecules continue to exist. There may

be draught in some places and floods in others, but the water to nourish the earth still exists.

Yes, more than enough includes money. But money is only part of the equation. We must begin to look at the bigger picture, the rest of the story. Affirming that we live in an abundant world is relatively useless unless we also affirm that we are worthy and deserving of every good thing available. We must believe that we are not only worthy, but capable of discovering the ways in which that abundance becomes part of our lives.

Prayer and affirmation will support our belief, but they are not the only things we must do. We must appreciate what

we already have. For those of us living in first world countries, even those of us who are living in relative poverty, we must recognize and appreciate those things that we have. Yes, life can be hard. There are people who hoard money. Others who use and abuse us and our skills. There are health issues and education issues. There are people and societal structures that discriminate and make it more difficult for others to rise-up. If we continue to look at the issues and not at the possibilities, we will remain right where we are, wallowing in the swamp of despair. To begin rising-up, we must first take stock of and be grateful for where we are. Appreciating those things that are already good in our lives is the foundation. Expressing our gratitude is more than a simple thank you to a supreme entity. We show our gratitude by caring for, using wisely and

cherishing those things that are good in our lives. Whether it is a relationship or our home, maintaining it requires effort on our part.

We may have to look deeply to find the hidden treasures, but they do exist in our lives! Our history has romanticized the notion of James Wilson finding flakes of gold in the American River at Sutter's Mill. The reality is that getting to and getting that gold out of the river and into usable form took a lot of hard work. Many people gave up where they were, took great risks and overcame great hardship for the possibility of living what they believed would be a better life with more things to bring them joy and comfort. Not all achieved their hearts desire of great wealth. Some lost their lives. But many made new lives for themselves in the process, doing things

they never thought they could do. They started businesses to supply the needs of those working claims. They created for themselves a very different and satisfactory life than the one they left behind.

Our abundance does not simply fall into our lap and say, "Here I am!" Sometimes, it's already there if we will look down at our feet and recognize the flakes of gold floating in the river of our life. And sometimes, we must sift through water, mud, and rocks to find the precious nugget that will change our lives.

The good news, the prosperity gospel, is that when we affirm, accept, appreciate and act, we can achieve a life of abundance.



ABOUT THE AUTHOR

Reverend Charlotte Parker served as Founding Senior Minister of Community Spiritual Center in Las Vegas. Retired from full time ministry, she now finds joy in the joining of two hearts together in marriage as well as pursuing her passion for writing.

The background of the top half of the page features a dark, vertically-grained wooden surface. On the left side, there is a cluster of autumn leaves in various shades of red, orange, and yellow. A dark red rectangular box is positioned in the upper center, containing the magazine title.

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A FINAL NOTE FROM JUDI MOREO

After reading the articles in this issue, can you see where limiting beliefs may be holding you back? If you believe money is hard to come by, prosperity is totally a result of money, and that you have no idea how to get it and, yet, at the same time, you are wishing you can have more money and a more prosperous life, you are probably confusing the Universe.

What we focus on is what we get! So, you need to decide right now that prosperity can be yours and it won't be all that hard to come by. If you truly want to have a prosperous life, you need to start believing it is possible.

You don't have to work hard to acquire money. There are many ways you can get money. Someone may die and leave you a fortune. You could possibly get gifts of money for your birthday.

Maybe you will receive a rebate from something you bought. You might even find money.

Just this week, I was cleaning out an old handbag to give to the homeless and something rattled when I turned the bag inside out. It sounded like a paper rattle but I couldn't find anything in any of the pockets. Continuing my search, I found a small hole in the lining where a couple of ink pens had slipped through. While retrieving them, a piece of paper sort of stuck to one of the pens and I pulled it out as well. Yep, there were two \$20.00 bills that appeared. Who knows how long they had been in that handbag. They had been there all along, I just wasn't conscious of them.

Have you ever found money on the ground? I often find pennies, dimes, and quarters. Whenever I pick one

up, I affirm, "Money is coming to me from unknown sources. Abundance is mine." And, since I have just found money, I really believe money is coming to me. And, it does!

Affirmations are a simple way to reprogram your belief system. Whenever you repeat an affirmation over and over, you are reinforcing that thought. Over time, you can create a shift in your consciousness and effortlessly attract money and prosperity.

You can do this. You are more than enough,

Judi