

# CHOICES

AUTUMN 2018

## RESILIENCE ISSUE!

MAINTAIN FLEXIBILITY  
AND BALANCE IN YOUR  
LIFE REGARDLESS OF THE  
CIRCUMSTANCE

ARTHUR HOUSTON SR.  
SPOTLIGHT



### NEVER, EVER, EVER QUIT

SIX STEPS TO FOLLOW WHEN  
YOU WALK A DIFFICULT PATH



### CRASH-LANDED IN COLORADO

WHEN LIFE FALLS APART  
AROUND YOU, CHOOSE TO  
BECOME RESILIENT



### THE DANDELION CHILD

SEVEN WAYS RESILIENCE CAN  
BE LEARNED AND APPLIED IN  
YOUR LIFE



# CONTENTS

## RESILIENCE

---

**04** RESILIENCE AFTER CRISIS  
BY JUDI MOREO

**08** THE DANDELION CHILD  
BY BECKY GRAVA DAVIS

**16** CRASH-LANDED IN COLORADO  
BY HOLLY DUCKWORTH



**19** AMAZING RESILIENCE  
BY JOAN S. PECK

**38** SURVIVING TO THRIVING  
BY SHERYL GREEN

**41** FINDING YOUR OWN RESILIENCE  
BY ALISA WEIS

**45** NEVER, EVER, EVER QUIT  
BY ANTHONY BURNSIDE

**56** SIX STEPS THROUGH THE BACK DOOR  
BY LAURA PORRECA

**60** A FINAL NOTE  
BY JUDI MOREO

## ON THE COVER

---

**11** JOAN S. PECK  
BY JUDI MOREO

## ARTIST SPOTLIGHT

---

**28** ARTHUR HOUSTON SR.  
BY JUDI MOREO



## LIFESTYLE

---

**23** TAKING CHANCES FOR BIGGER THRILLS  
BY JUDI MOREO

**27** TURNING YOUR BAD DAY RIGHT-SIDE UP  
BY AMBER DE LA GARZA

**35** BUST OUT OF YOUR NEGATIVITY LOOP  
BY JUDI MOREO

**48** CREATE THE PASSION HABIT  
BY JUDI MOREO

## BEAUTY & THE FEAST

---

**50** FROM YARD SALE TO TABLE  
BY S. L. GORE



# FROM THE EDITOR

**L**ife is an adventure. Sometimes it's a zip line down a mountain, other times it's an exasperating delay due to bumper to bumper traffic. In either case, you will enjoy the ride more if you have a friend or two to help you navigate and explore.

We, at *Choices*, want to be your companion on all your life adventures. Our writers bring you fresh ideas on how to traverse life's terrain and get around the everyday roadblocks. This month's topic, Resilience, is one that will remind us all that there is more than one road to our destination.

When faced with a tragedy, natural disaster, health concern, relationship, work, or school problem, resilience is how well a person can adapt to the events in their lives. A person with good resilience has the ability to bounce back more quickly and with less stress than someone whose resilience is less developed.

All of us can learn to increase our resilience abilities. All we need to do in order to increase our resilience is have the willingness to do so. And then seek out ways of learning more about resilience. *Choices* strives to help you do this by bringing you articles on:

- Managing your feelings and impulses.
- Having really good communication and problem-solving skills.
- Building positive relationships with family and friends
- Having a positive view of yourself and confidence in your strengths and abilities.
- Making realistic plans and carrying them out.

Resilience is a skill that you can enhance with patience and training. It serves as a fastened seatbelt when things get bumpy. Many of you have already made remarkable in-roads on your resilience journey. We want you to know that we are here with you to help you get wherever it is that you want to go.

Remember, you are more than enough,

*Judi*

## OUR TEAM

**PUBLISHER** Turning Point International **EDITOR IN CHIEF** Judi Moreo **CREATIVE DIRECTOR** Jake Naylor  
**ON THE COVER** Joan S. Peck **COVER PHOTO BY** Julez Eve, EV36 Photography

**CONTRIBUTING WRITERS** Anthony Burnside, Becky Grava Davis, Amber De La Garza, Holly Duckworth, Sheryl Green, S.L. Gore, Joan S. Peck, Laura Porreca, Alisa Weis

**ADDRESS** 3315 E Russell Road, Ste A4-404, Las Vegas, NV 89120

**TEL** (702) 283-4567 **EMAIL** Judi@JudiMoreo.com

**WEBSITE** [www.ChoicesOnlineMedia.com](http://www.ChoicesOnlineMedia.com)

# RESILIENCE AFTER CRISIS

BY JUDI MOREO

**A**t some point in your life, you are going to have to deal with a crisis. Some lucky few people never experience this. However, most people will. When it does happen, it may, at first, seem like it's never going to end. It will, but it takes some resiliency. That can help you get through it.

When a crisis hits, don't go it alone. When others are affected, like family members or friends, keep in touch with them. Talk it out and be there for each other. Agree to meet frequently to come up with ideas on how to move forward. Don't keep your feelings to yourself. It's only going to bottle up, and then you are going to explode with emotions later. By discussing your feelings, you can manage them easier.

Look to outside groups who deal with crises. There are hotlines and websites specifically for this cause. Sometimes, getting an outside view of a situation can offer new perspectives. These people may have dealt with situations similar to yours. But, even if they only





deal with crises in general, that can still help.

If the crisis is big enough that it is overwhelming you, consider seeking out professional help. There are plenty of counselors and psychiatrists who can help you get through your darkest moments. The key is to use these resources as soon as possible. If you wait too long, it may take longer for them to help.

If you are struggling financially due to the crisis, contact your government to see if financial aid is available. You would be surprised at how much help is available, and people don't use this to their advantage. Government budgets are created specifically with a certain amount of money for crisis situations.

You can also hit up crowdfunding, if there is nothing available in the government coffers. People will often give towards crisis causes. When you pursue this avenue, make sure you create a video to describe your situation. Videos are a great help when obtaining this type of funding.

If you belong to a church or religious organization, see what is available from them. Either financial help or member involvement may be available. If you need to rebuild your house, for instance,

there may be people available within the organization to lend a hand.

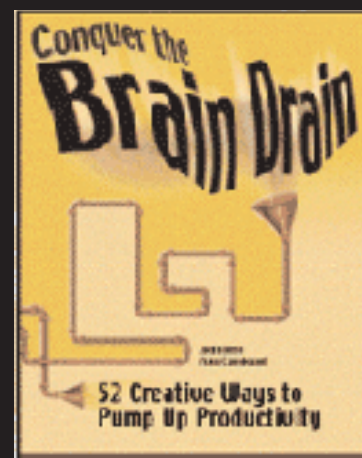
People help each other during times of crisis. Don't be overly proud and refuse the help. It can make the difference in your staying resilient during the crisis.



### 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](mailto:judi@judimoreo.com).

*People help each other during times of crisis. Don't be overly proud and refuse the help. It can make the difference in your staying resilient during the crisis.*



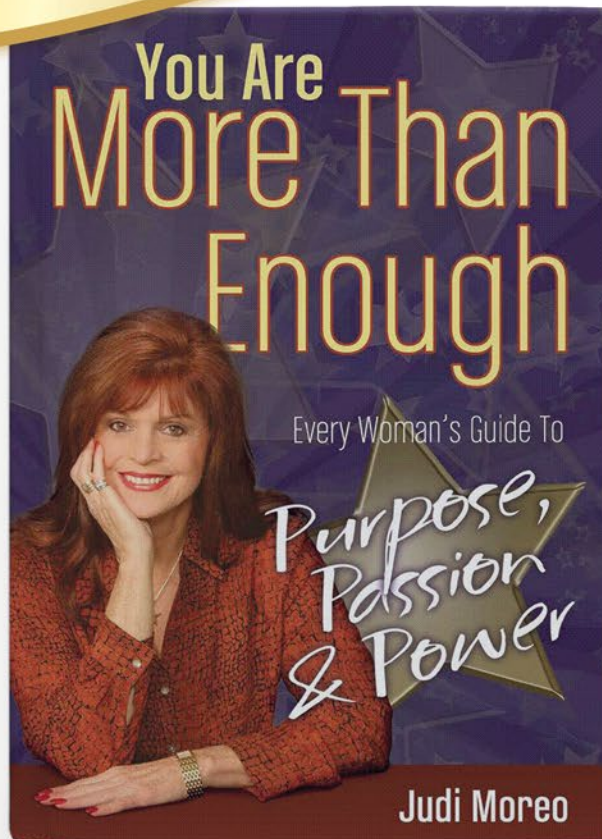
Are you using your creative energy to make your business more successful? Conquer the Brain Drain is about tapping into the creative wellspring we all possess. If you're on a team – or especially if you manage one – learning to think creatively and teaching others to do so will boost productivity, improve morale and inspire your team to greater success.

Short deadlines, downsizing, increased expectations and the need to do more with less all contribute to "status quo" thinking. Solving business problems and generating new ideas and strategies can't be accomplished using the same old brain-draining methods. If you keep doing what you've always done, you'll keep getting the same old results. If you want to build an innovative, creative, problem-solving team, then you need a new approach.

**ORDER ONLINE!**  
[www.JudiMoreo.com](http://www.JudiMoreo.com)



THIS HOLIDAY SEASON, GIVE THE GIFT OF  
**SELF-CONFIDENCE**



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
- and much, much more!

## YOU ARE MORE THAN ENOUGH

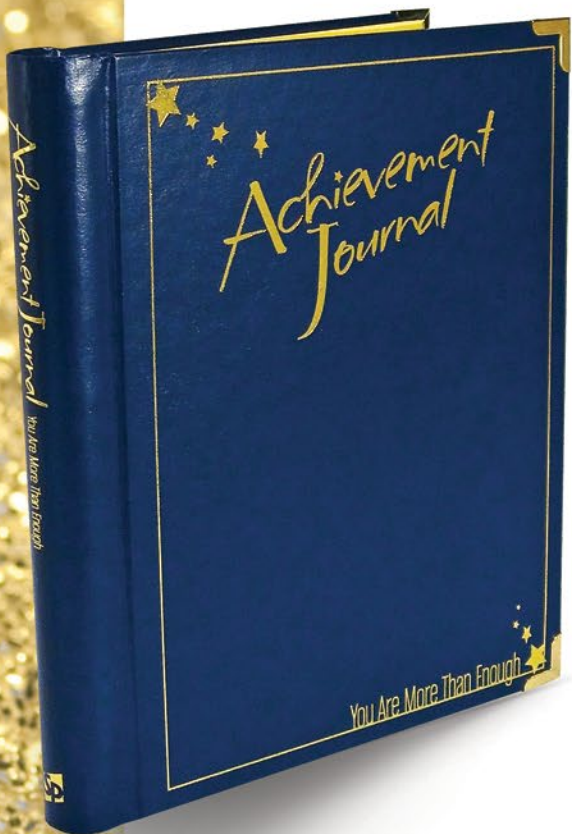
EVERY WOMAN'S GUIDE TO PURPOSE, PASSION & POWER

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.

**ORDER TODAY**

(702) 896-23228 or [www.judimoreo.com/shop](http://www.judimoreo.com/shop)





# ACHIEVEMENT JOURNAL

COMPANION TO: "YOU ARE MORE THAN ENOUGH: EVERY WOMAN'S GUIDE TO PURPOSE, PASSION & POWER"

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**

**Achievement Journal - \$34.95**

**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.





# THE “DANDELION CHILD” RESILIENCE CAN BE LEARNED

BY BECKY GRAVA DAVIS

**I**n my sixth decade of celebrating life, I still find simple pleasure in blowing dandelion puff-balls. Many hopes, wishes, and desires have been airborne by pursed lips blasting white fuzz and seeds to destinations and adventures unknown. I was a dreamer as a child. Time hasn't changed that, I'm still a dreamer. Dreams saved me; dreams made me resilient.

Gardeners with well-maintained flawless lawns hate dandelions—they're considered a weed, a nuisance; difficult to kill without removing the whole

plant. Dandelions are resilient; the tap root runs deep.

Herbalists with a love for natural organic gardens revere dandelions—they're considered a versatile healing plant that can cleanse the liver, fight cancer, and provide a powerhouse of nutrients.

Two children from the same family can endure the same dysfunctions and emerge either unscathed or broken for life. The human genome has revealed surprising traits that lend credence to nature versus nurture. In all of our DNA glory, a gene variant for predictability of resiliency actually exists. Research

scientists, Dr. Thomas Boyce from the University of Arizona and Dr. Bruce Ellis from the University of British Columbia, have concluded that we are genetically predisposed to our ability to handle stress and stimuli as children.

Boyce and Ellis coined the terms “orchid child” and “dandelion child.” The “dandelion child” may appear to be average at first glance, but underneath an inner strength allows that child to flourish in hostile environments. Just like most weeds, the tap root runs deep—they're resilient.

I'm a “dandelion child” and that explains





why orchids have always seemed too fragile for my taste. Beautiful, yes, but orchids need too much care and nurturing and I don't have the patience. Surroundings that would kill an orchid, won't phase a dandelion. It's interesting to note that analogies used in the scientific study of plants often hold true in the scientific study of human development.

Is there hope for the "orchid child"? This is where nature versus nurture plays a pivotal role. According to Dustin Albert, a research scientist from the Duke Center for Child and Family Policy, if left untreated, the majority of children with the NR3C1 gene variant (or high-risk "orchid children") are more likely to develop psychological problems by age 25 to include aggression, antisocial personality disorder, and substance abuse.

This sounds all doom and gloom and a far cry from the positive, uplifting tale of the dandelion as beloved by herbalists

and health coaches like me. So, let this "dandelion child" put a brighter spin on this story. Yes, resiliency can be learned even as an adult.

I had the good fortune to discover the work of Courtney Ackerman, M.A., who is a graduate of the Positive Organizational Psychology and Evaluation Program at Claremont Graduate University and a current researcher for the State of California. Ackerman compiled information on resiliency programs that could benefit both children and adults. The online compendium is entitled "27 Resilience Activities and Worksheets for Students and Adults." I found the information and activities to be enlightening and useful. Ackerman states, "Resilience is not the absence of distress or difficulty. Resilience is the ability to adapt and grow following adversity."

Here are few resilience training tips provided by Ackerman from the Positive Psychology Program and actions I have

taken in recent years:

**1. Make connections and build your social support network.** (For me, that has meant stepping into my comfort zone and connecting with people with similar interests. Far too long, I tried to "fit in," denying MY interests and trying to please others.)



## ABOUT THE AUTHOR

Becky Grava Davis is a semi-retired college accounting instructor teaching part-time and enjoying mentoring students, but now spending more quality time pursuing and rekindling her passions for holistic healing as a certified health coach, art, and writing. She is a published author of several health articles for both print and online publications and working toward certification in Chair Yoga.

Contact Becky at:  
beckygravadavis@gmail.com

**2. Avoid the tendency to view crisis as an unsurmountable challenge.**

(Faith in my higher power is my anchor. I added God to my cell phone contact list and frequently text just to say “thank you, God” and to ask Him to guide me and release my worry.)

**3. Accept that change is a natural and unavoidable part of life.**

(There’s no sugar-coating this one. Life IS about change and cycles. But, with each change, I look for the positive aspect. My teaching position was unexpectedly down-sized to part-time last year. This change has provided extra time to rekindle my artistic talents that I had long neglected.)

**4. Look for opportunities that promote self-discovery.**

(This tip relates to “make

connections.” I have joined several groups online and in my community of like-minded people. In doing so, I have rediscovered some of my strengths and interests.)

**5. Nurture a positive view of yourself and your abilities.**

(I am the queen of self-deprecating jokes NO longer! Instead, I manifest positive outcomes and repeat affirmations.)

**6. Maintain a hopeful outlook on life.**

(This sounds like trying to become a Pollyanna, but for me, it has meant changing my thought pattern—literally re-wiring my brain. It’s called neuroplasticity.)

**7. Take care of yourself.**

(I’m working on this tip; it’s hard. I’m a nurturer by

nature and have no problem taking care of everyone else. With the help of an amazing therapist, I learned to give myself permission to take care of ME! I discovered a free and supportive online way-of-eating or WOE called Whole30. Diets don’t work, just change your WOE.)

How do I know I am a “dandelion child”? My father died when I was five. I left home at 18 with only fifty dollars. I survived a debilitating car accident the same year I was crowned Miss Columbus. I earned a master’s degree at age forty-two with the support of my family while working two part-time jobs. I AM a dandelion—strong enough to break through a crack in concrete and thrive. Dandelions are resilient, my tap root runs deep.





## ON THE COVER JOAN S. PECK



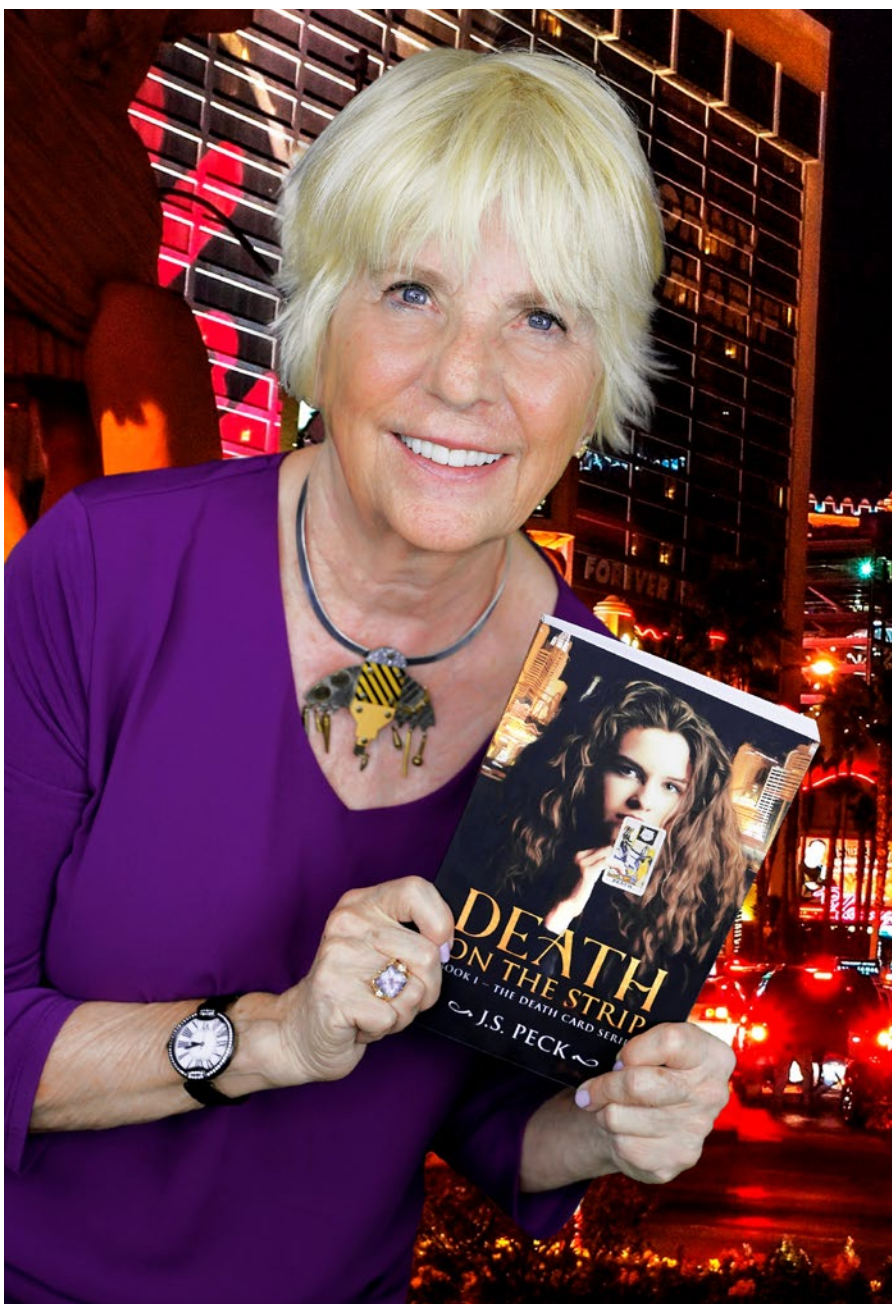
Joan S. Peck was reared in a family of readers in the small town of Elmira, New York. Growing up, Sunday afternoons

were special times when each member of her family was able to relax with a good book.

In addition, Joan was raised to be open-minded and came to the understanding that we are all connected energetically, and are able to communicate with others who have passed on. She brings that idea into her Death Card Series by having the spirit of Rosie's grandmother pop into Rosie's life with advice or loving messages. Rosie, the main character, is portrayed as a psychic, which means she is able to have visions of what is yet to come about.

### Did you always want to be a writer?

I've wanted to write since I was young. I took a writing course in college, and tried my hand at writing short stories. However, an early marriage, kids, and a more involved business career kept any writing at bay. It wasn't until 2006 that I began writing—spiritual books. But I always had yearned to write mysteries, so two years ago, I began my Death Card Series. I will have four books out for publication by January, 2019.



We all have a story to tell, for we each experience life differently, and because so, it makes each story and book unique. Through my writing, I hope my readers are able to experience the thoughts and emotions of each of my characters enough to make them relatable as a human being.

### Where do you get your inspiration?

I get my inspiration from my characters, believe it or not. They've become real people to me, so it's possible to see and hear them in my mind.

### Tell us a bit about this book series:

Thirty-two-year-old, Rosalie Bennett, lives in Las Vegas and writes a column for *Women Living Well* magazine on What's Hip in Vegas. To make extra money she uses her psychic ability and tarot cards to predict the future for her clients. But when the death card shows up and murders follow, she must use her talents in a whole new way and becomes embroiled in cases to either save people or solve murders.

After the death of her fiancé, she vows to find his killer and make him pay the price. She goes undercover at the Purple Passion Lounge. Things aren't as simple as they appear causing Rosie to take things into her own hands to save the day. Her silky dog, Sweet Pea, is her sidekick, and her grandmother's spirit still pops into her life with advice or simple expressions of love--- sometimes at the most ill-timed moments.

### Have you written other books?

I written four spiritual books – the first three concentrating on the energy of the seven major chakras. My fourth book is called Prime Threat – Shatter-



ing the Power of Addiction, written with my son who died of a drug overdose. By means of messages channeled in, it is a fascinating look at his different lifetimes of addiction, a look at the possibility of carrying addictive energies forward, and what anyone can do today to shatter their own power of addiction.

### Why the change in genre?

I decided to gift myself the pleasure of writing fiction, where I can control what happens to my characters, instead of the reality of being on the sidelines and watching another out-of-control person making poor decisions.

### Who influenced you?

It was when I began reading the Nancy Drew series that I became intrigued with mysteries. To me, the fun of reading mystery books is to become so intrigued

with the story it becomes impossible to put the book down. Many times, a good mystery has caused me to stay up all night to finish it to see if I was able to figure out 'whodunnit'. For anyone who is hooked on reading mystery books, there's nothing better than that.

But really, Mary Higgins Clark was the first writer to claim me as a solid fan of all her books, while James Patterson had me hooked on several of his series. Since then, I have fallen in love with many fine authors of mystery and crime.

### Did you get a formal education in writing?

With the exception of the one course I took in college, I haven't had any formal training.

### Who are the authors you admire?

I love so many of them. Here are a few: Lisa Scottoline; Sandra Brown, David Baldacci, John Grisham, Dean Koontz, John Sanford, and Michael Connelly.

**Thank you, Joan, for sharing your story with our readers. I have read the first three books in the series and I loved them. You kept me on the edge of my chair. I'm anxious to see who plays Rosalie when the movie comes out.**





AVAILABLE NOW!



AVAILABLE SEPTEMBER 2018



COMING SOON!

## DEATH CARD SERIES

Rosalie Bennett makes extra money using her psychic ability and tarot cards to predict the future for her clients. But when the death card shows up and murders follow, she must use her talents in a whole new way.

[www.DeathCardSeries.com](http://www.DeathCardSeries.com)





**\$45**

**LIFE CHOICES: COMPLETE  
SERIES PACKAGE SPECIAL**

The Life Choices books are a series in which real people share their stories of overcoming obstacles, putting lives back together and following their passions to create successful, significant lives.

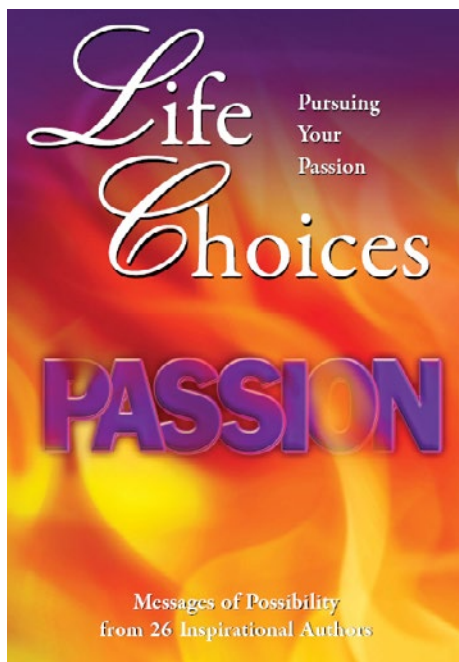
## LIFE CHOICES SERIES

While the stories shared differ in context, they share a common thread of courage, hope and fulfillment. No matter what obstacles you encounter, or how many pieces your life is in, there is a way to find a new path, make a new choice, follow your passion and create a better life.

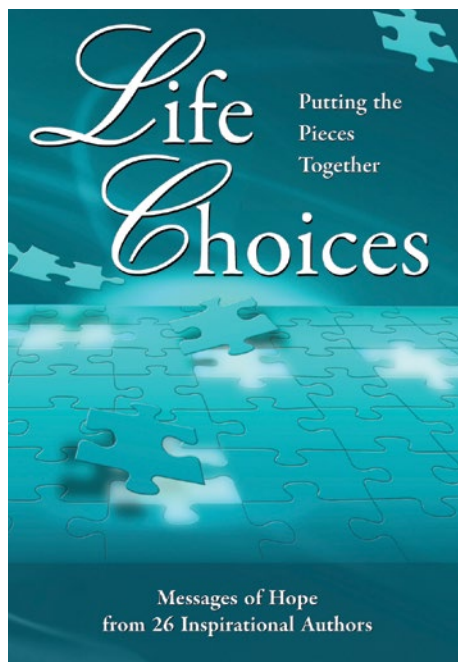
**Click to Order:**

**Life Choices: Complete Series - \$45**

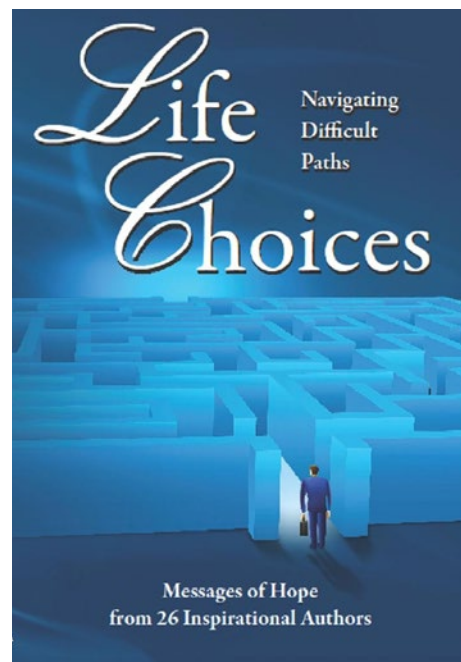




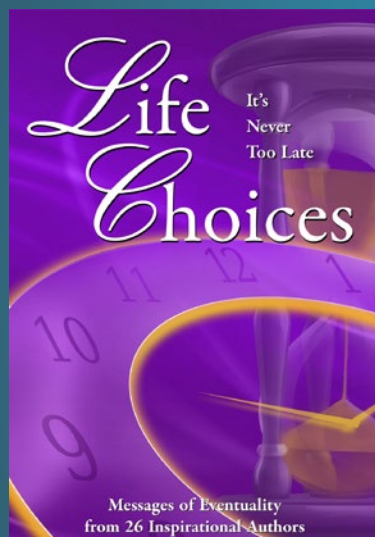
If you have ever had a dream that you wanted to pursue but didn't have the courage, if you've ever wanted to do something that you didn't think you could do, if you have ever wanted to go somewhere but didn't believe it was possible - READ THIS BOOK. Twenty-six authors share with you how they pursued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

CLICK ON THE COVER IMAGES TO ORDER

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.





# CRASH-LANDED IN COLORADO

BY HOLLY DUCKWORTH

**I** landed in Denver, Colorado on Memorial Day of 2013. I had all my belongings in a moving van, a key to a new house, and plans of a new life. How does the line go? If you want to see God laugh, have a plan. I didn't mean I had a plan, with a little "p," I had a plan, a big one. Think PLAN. I had made the choice to move to Colorado to be with an amazing man, to build a home with a white picket fence and have 2.3 children. I mean this plan

had been conditioned into me since childhood. Then, it happened. He opted out of the plan. I'll spare you the not so pretty details.

Picture it, I'm living in a new state, I know nobody, and I don't have a car or know where anything is. It's true. I crash landed into Colorado. After buckets of tears, I did this; I chose to rebuild my life in Colorado. Resilience, as both a trait and an experience, I would soon create.

"Resilience is accepting your new reality,

even if it's less good than the one you had before." Elizabeth Edwards

When you crash land in any aspect of life you have the same choice I did, become resilient or stay wounded. As you choose to get up, here are some things I lived:

## **1. LIVE ONE MOMENT AT A TIME**

While now five years later, it is easy to look back at the things I did to survive at the time that I thought would kill me.



The first thing I did was give away the plan. I chose to make every moment count. I stopped being in the anticipatory fear of what could go wrong. I stopped living in the grief of looking back. All I had was the now moment, and I was going to make every moment a stair step back to health and life.

## 2. STAY IN THE QUESTION

Next, I let go of my need to know the answers in the moment. Each day I would get up and ask the question. Why was I staying? What did I need to accomplish that day? I would let my inner voice tell me. Then, I would ask over, and over, question after question, to keep my baby steps moving forward. With each question, eventually the answer would come.

## 3. STAY OPEN & WILLING TO LET PEOPLE HELP YOU

When I crash-landed into Colorado I had the few possessions I'd packed in the moving van and that was it. Suddenly my "support system" had left. I had to find most everything from the grocery store, post office, restaurants, to a new hairdresser. I even had to find and negotiate to buy a car. In this time of resiliency, I learned to ask, and ask, and ask... both my intuition for answers and people for help. Then I had to let them.

I would ask a grocery clerk for the post office, a librarian for the dry cleaner. I learned that to be resilient is to recognize and allow yourself to need and help one another.

## 4. BE GRATEFUL FOR EVERY LITTLE BABY STEP

Life is not about the crash, it is about how you bounce. In addition to the very real basic needs I had, I made a list of things that would keep me happy in Colorado. You see; I only planned to stay one year. My Colorado bucket list had things like the peaches festival, Rocky Mountain National Park, shopping on 16th street. It was all the "tourist" stuff. To be resilient is to find pauses to be happy on the resilience journey. I'd celebrate the day I got my car, hosted my first friend for dinner, Halloween with snow, every moment was a resilient moment of me climbing back to life.

My crash landing in Colorado was a do it to myself project. At every moment I had the option to move in fear or in faith. I chose faith. In resilience, you also get to live the ability to respond to the choices you make. My life project has been full of plans, and the best-laid plans gone wrong. Good news is, eventually the wrong turns get you back on the path.


Life is never about the fall, it's about the bounce. I continue to bounce and you will, too! Wherever you are in your life right now, I'll venture a bet there is some part of you feeling a little challenge, maybe finances, relationships, or health. Pause look at the situation. Stay in the moment. Is it really as bad as you think it is? Stay in the question, keep your heart, hands and mind open to what is possible and be grateful for everything. Resilience is not a trait I wanted to grow when I landed in Colorado, but I'm glad I did. These techniques made me and my experiences full of resilient memories that now make me smile.



## ABOUT THE AUTHOR

Holly Duckworth, LSP, CAE, CMP. A nationally recognized speaker, trendsetter, and empowerment coach for mindful leadership and motivation. She is the author of *Mindful Leadership the A to Z Guide for Stress Free Leadership* on Amazon.com. Holly writes regularly on the future of mindful leadership for publications such as the *New York Times*, *Science of Mind* magazine and *Meetings Net News*. Join Holly in the conversation. Listen/watch her weekly show [everydaymindfulnessshow.com](http://everydaymindfulnessshow.com) available on iTunes. She still lives in Denver, Colorado. Learn more at [www.hollyduckworth.com](http://www.hollyduckworth.com) visit her on LinkedIn & follow her on twitter at @hduckworth.





**“Life doesn’t get easier  
or more forgiving, we  
get stronger and more  
resilient.”**

---

**Steve Maraboli**





# AMAZING RESILIENCE

BY JOAN S. PECK

**R**esilience meant so many more things to me when I was younger. Now, when I think of the word resilience or its meaning of flexibility, the first thought that flashes through my mind is whether someone, particularly my age, has the ability to easily bend down and touch their toes--- and get back up

again! That is what age can do for you! It's all about perspective, right?

But, I know better than that. That ability to be flexible and zag when zig doesn't work out plays a large part in our lives... from the time we are born to our last breath. It all boils down to how well we recover from difficult situations --- no matter how minor.

We begin to get a glimpse of a child's ability to be irrepressible early on when someone takes a toy away from him. We then have the opportunity to see if he is adaptable and is able to find a substitute or merely sits there intractable, unable to get beyond having had someone remove a pleasure from him. From our early days to now, we are tested on how we choose to live. We all receive many

opportunities to demonstrate our resiliency and overcome adversity. That is life.

Resilience is our ability to withstand, deal, and recover from difficult situations. We are left to do that each time we have a dream destroyed or a loved one passes. Even the smaller trials in life can have a profound effect on us. Personally for me, I find that humor helps --- if not my own, someone else's.

Here is a great story I read about Kevin Cotter that brought a smile:

"In 2009, after 12 years of marriage, Cotter's wife divorced him, leaving behind only her wedding dress. Heartbroken and confused, Cotter asked his departing wife what he was supposed to do with the gown. Her reply? Whatever he wanted.

"Cotter took his ex's suggestions to heart and started the blog, *My Ex-Wife's Wedding Dress* in 2011, where he documented over a hundred alternative uses he found for the piece. Cotter's creations spanned from the silly to the utilitarian. The dress has seen new life as a kite, Halloween costume, hammock, oven mitt, jump rope and more.

The jilted husband's journey to transform his ex's parting gift became so popular that it was recently turned into the book *101 Uses for My Ex-Wife's Wedding Dress*. Now, with his creative energy exhausted, Cotter has turned the focus of his blog to a different subject: his life with his new wife and kids."

Each time I hit a bump in the road, I'd like to think I've learned how to have more grace as I get back up on my feet again. There's also something to be said about

appreciating the journey. One thing is for sure, life is never without challenges and the opportunity to overcome them, and it's always interesting to see what that looks like.



#### 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 authoring is the *Death Card Mystery Series* with three of the series books being released in 2018. "To me, the fun of reading mystery books is to become so intrigued with the story it becomes impossible to put the book down. The fun of writing them is to put you in that same situation."

She can be reached at:  
(702) 423-4342  
joanpeck39@gmail.com  
www.bejeweled7.com

**"Resilience isn't a single skill. It's a variety of skills and coping mechanisms. To bounce back from bumps in the road as well as failures, you should focus on emphasizing the positive."**

**Jean Chatzky**



**“She stood in the  
storm and when the  
wind did not blow her  
way, she adjusted her  
sails.”**

---

**Elizabeth Edwards**





# ADD A LITTLE CREATIVITY TO YOUR BRAND



## ADD A PERSONALIZED TOUCH AND BUILD A **UNIFIED BRAND**

Whether you've built a great business or are just starting out and need help getting your brand in front of your customers, Jake can help. With more than 10 years experience building brands and creative advertising for both print and digital uses, Jake is ready to help you raise the bar on your image.

**jake**  
naylor

GRAPHIC & WEB DESIGN  
FULL-SERVICE PRINTING SOLUTIONS

Las Vegas, NV  
[www.jakenaylor.com](http://www.jakenaylor.com)

Get in Touch Today!  
(858) 204-3954



# TAKING CHANCES FOR BIGGER THRILLS

BY JUDI MOREO



**P**eople want to be safe in everything they experience. We always want to see if others experienced something before we decide to pursue that experience ourselves. But, the very idea of staying safe can actually bring us to a point of not living the life we really want to live.

Take skydiving, for instance. Many people shy away from jumping out of an airplane as they fear the parachute won't open when it is supposed to. Even having a reserve or emergency parachute will not change their minds.

And, there certainly have been instances where both the main parachute and the reserve didn't open and the skydiver plunged to his or her death.

So, why do people do such things as skydiving or mountain climbing, etc.? The answer is because they get a thrill from doing it. Many will call it a "head rush" but it means the same thing. Natural thrill seekers and daredevils never seem to have a problem with the risks associated with these activities. But for everyone else, it can take a lot to muster up the courage and go on a thrill-seeking adventure.

Me, for instance. I was once married to the typical man's man; outdoorsman; sports enthusiast. This man loved anything athletic. And, he thought I was supposed to love it as well. I mean who wouldn't love breathing fresh air, and climbing for hours and hours to heights where the air was so thin you couldn't breathe it? I must tell you that hanging off the side of a cliff by one tiny little rope was not my idea of a thrill. Nor, did I find wearing all kinds of heavy equipment and being dropped into the ocean to be terribly thrilling! I was pretty sure we weren't really bonding! I felt more like he was on the brink of finding a way to get rid of me.

Then there was the snorkeling adventure. No sooner did I stick my face under the water than an eel decided to look me in the eye to be sure I really wanted to be there. He was right! I did not! I came out of that water so fast, I looked like the roadrunner at full speed. Then I sat on a rock the rest of the day and watched the others frolic with the fishes.

Canoeing down the White River wasn't nearly so bad as the water was only a couple of feet deep. But then, it got more shallow and we had to carry the canoe. It was not one of those lightweight, made out of bark canoes. No. It was made out of some kind of tin and the blasted thing was really heavy. When the water got a little deeper again and it came time to get back in it, I had one foot in the canoe when the other foot slipped out from under me. I was hanging by the foot in the canoe

with my head under two feet of water, drowning, as my loving partner was laughing so hard, he couldn't even get me unhooked.

Honestly men, if you want your partner to enjoy your love of the great outdoors, the way to do it is to choose activities that don't have a high perceived risk. For instance, many indoor rock climbing facilities harness the participants in such a way that if they slip, the harness will keep them from falling to the ground. The thrill can still be there for less risky activities. And, it is often a great stepping stone for moving onto higher risk thrills.

A portion of taking chances (or not) is part of a person's traits. As mentioned previously, some people are naturally prone to taking big chances while others would never conceive of doing such things. However, we all have the ability

to push ourselves past our own limits. Often, this is accomplished with the help of friends who are thrill seekers themselves. Since they have experience in various thrill-seeking activities and are still alive to talk about it, you may feel more at ease trying them out for yourself when those friends are with you. They can also answer any questions you have about the activities that you may not be clear on.

Whether you will ever make it to dare-devil status (and whether you should) depends on several factors including your own personality. But, consider pushing yourself to a place where you take chances that you would not normally take. It can be the thrill of a lifetime!



#### 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](mailto:judi@judimoreo.com).

**"You were put on this earth to achieve your greatest self, to live out your purpose, and to do it courageously."**

**Steve Maraboli**





# DO YOU WANT THIS YEAR TO BE YOUR BEST YEAR EVER?

If so, let Judi Moreo be your coach and mentor. Judi will provide the tools and techniques you need to achieve your desired results and she will hold your hand through the process. She will work with you to design a program specifically for you to take you from where you are to where you want to be.

Not only will you receive guidance and feedback, you will benefit from Judi's extensive background in leadership, management, image, presentation skills and service. Her insights and guidance will help you become who you want to be and present yourself as you want to be seen.

For more information, call Turning Point International at (702) 283-4567 and speak with Judi personally about the possibilities for you.

"Judi has the ability to enable you to do things that you would never consider doing. She helps you to open your eyes, and live your passion. She is extremely approachable, and always available to her coaching clients."

- Deborah Clark

"Judi Moreo is a true professional and I would recommend her coaching services to anyone who is looking to build their business. Judi understands business, coaching, and the steps it takes to help people obtain their professional goals."

- Mack Jackson Jr.





& THE EXPERTS SHOW



Inspiring and  
encouraging her  
audience to take  
action towards a  
better life!

AIMMEE BELIEVES IN THE  
“POWER OF KNOWLEDGE.”

Interviews with experts who can help transform your business and personal life by sharing their knowledge and wisdom. The Experts will guide you to find the missing pieces of your puzzle in a unique and effective way! Aimme also shares her life experiences, wisdom and powerful insights

Go on-line at [www.AKExpertstv.com](http://www.AKExpertstv.com) 24 hours, 365 days a year anywhere in the world from the convenience of your home and it's FREE!

See how Real World Education and Beyond can help you transform your business and personal life!





## TURNING YOUR BAD DAY RIGHT-SIDE UP

BY AMBER DE LA GARZA



What will you do if your computer crashes today? Or, you spill coffee all over your white shirt right before an important meeting? Or, your cell phone falls in the toilet and won't turn on? Or, your kid gets sick?

Everyone has bad days where nothing seems to go as planned but you can't throw in the towel, shove your plans for the day out the window, and resort to curling up with a giant bowl of ice cream. You must brush off the dirt, stand up to that bully Murphy, and say, *What else you got?*

The truth is life often dishes out unpleasantness. Murphy's Law exists for a reason and just about everyone can paraphrase it because things do go wrong, a lot, and often when you least expect them. No amount of planning can keep Murphy from knocking when he's ready to rumble. Life will always be full of unwelcome surprises that can throw you off course. Are you going to let such unfortunate happenings frustrate you to the point you lose sight of your goals for the day? Or, will you choose the productive path of not letting your emotions get the best of you and staying on track? Your choice will greatly determine how circuitous or straight-lined your path to success will be.

When the unexpected occurs and threatens to ruin your plans for the day, follow these steps to stay on track:

### How to Turn Your Bad Day Right-Side Up

1. Stay calm and handle whatever obstacle fell into your path.
2. Revisit your plan for whatever tasks, projects, and activities you had lined up for the day.
3. Quickly re-evaluate your position and identify which tasks are still priorities. Rank those tasks in priority order from most urgent to least urgent.
4. Focus on accomplishing one task at a time in priority order for the duration of the day. You'll be tempted to multitask. Don't! Multitasking is never the answer.
5. Stay positive and focused. If you work toward completing even one task, you're still moving your busi-

ness forward, so the entire day is not a waste. Tomorrow is a new day in which you can start fresh.

On several occasions over the years I have had the unwelcome surprise of having my computer crash. It inevitably happens on a day where I have an important presentation I need to work on, a project that demands finishing, or an uncompromising deadline.

Every time my computer crashes, I feel like my *The Productivity Specialist* title is being tested by a higher power. After all, everything is on my computer. My financial records, contacts, business procedures, personal photos. Everything. I've learned you can't avoid such inconveniences as a computer crash but you can create a useful game plan for when they occur. Here's mine:

### How to Spend Your (Inevitable Computer Crash) Day

First and foremost, backup your files before anything bad could possibly happen to them. You think having to call your credit card companies when you misplace your wallet is an annoyance? Trust

me. You don't want to have to perform countless Google searches to recover each of your clients' emails and phone numbers. Oh, and those pictures of your son's first birthday? Yeah, you're never getting those back unless you back up your files!

Also, create a backup task list of items you can work on offline. Such a list will come in handy when your computer stops working or when you otherwise don't have access to your computer. Idle time, such as when you're waiting at the doctor's office, early for a meeting, or finding yourself with "dead" time between out-of-office appointments, is the perfect opportunity to take on such tasks.

Your offline task list should not include high-priority items. It can even be loaded with busy work as long as they're tasks you intended to do anyway. Could you read that magazine article you keep putting on the backburner? Finally write those thank you cards? Purge that file cabinet? Call your favorite past client? If you take time to create an offline task list now, you'll be prepared for what could otherwise be a wasted day.

When your computer crashes (and it will) or any other unexpected event shows up to disrupt your day, refocus your attention to the activities you can complete instead of dwelling on what you can't work on. Most often when Murphy puts up a fight, time is wasted simply to frustration and not being able to recalibrate quickly. The faster you can switch gears and refocus, the better off you'll be. Turn your day back to right-side up by sticking to your plan as much as possible and relegating to your backup plan as needed.




### 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.

Want more tips and strategies to improve your personal productivity? Download Amber's free Time Maximizers Cheat Sheet at [TimeMaximizers.com](http://TimeMaximizers.com).







**“The oak fought the wind and was  
broken, the willow bent when it must  
and survived.”**

---

**Robert Jordan, The Fires of Heaven**







# ARTHUR HOUSTON SR.

## PHOTOGRAPHER SPOTLIGHT

BY JUDI MOREO

**W**e recently had the opportunity to interview Las Vegas photographer, Arthur Houston, Sr. on our television show, “The World of Art TV”. My cohost, Ruthie Moller, and I had so much fun talking with Arthur and enjoyed his photography immensely, so I wanted to share his pictures and some of his personality with you.

Currently, there are many places in the Las Vegas, Nevada area where Arthur’s photography is being featured. You can see displays of his work at the Art House City of the World art gallery, Henderson City Hall, Boulder City Hall, Hoover Dam Lounge and the Boulder City hospital. He will also have a display of his art at the upcoming 56th annual Art in the Park in October of 2018 in Boulder City, Nevada. If you haven’t been to this fun celebration, I suggest you make it a

point to go there this year., Arthur also sells his art at the First Friday Monthly art festival located in the downtown Las Vegas art district.

So, Arthur, let’s get to know you better!

**Where did you grow up? What things were you actively involved in?**

I grew up in Compton, California. My mother kept me involved in many activities in attempt to keep me from going astray. She also knew that I had a strong curiosity in wanting to learn about a variety of topics. For instance, I was involved in ROTC, Civil air patrol, and the Boy Scouts. I played the percussions in a marching band, jazz ensemble and orchestra. Then I moved onto being associated with Toastmasters and the speech team.

**Did you always want to be a photographer?**

Yes, as a young boy, I did graphic art, but did not become serious about becoming a photographer until the age of 21.



**FAR LEFT: “Love is Color”  
LEFT: “The Train Home”**



**ABOVE: "Hayday"**  
**BELOW: "I'm the Boss"**



### **When did you first know you had talent?**

Around the age of 25, a good friend of mine named Thomas Terry saw a few pieces of my photography and stated, "Arthur, you have a talent." His statement motivated me to venture into the world of art. Back in the day when photography was processed with film, I remember taking black and white pictures and selling the 8x10 prints for fifty cents. My same friend ventured out with me and we learned how to develop pictures into color and sold them for \$1.00 each. About six months later, I became a wedding photographer and took photographs of over 200 weddings.

### **Who influenced you?**

As a young boy, I was influenced by the pictures in the National Geographic magazine. I was fascinated by the photographers' ability to capture images on film.

### **Who inspires you?**

My wife inspires me as she pushes me to strive, to achieve, and to become the best photographer that I can be. I have been blessed to receive many attributes for my work, which increases my desire for ACPHOTOZ to become a household name.

### **Did you get a formal education in photography?**

Yes, I attended Los Angeles Trade Technical College for about one year where they taught courses on photography. As a student, I took classes on Lighting, Composition, and Processing of film. I attended Compton College for about three to four years where my talent was intensified to learn basic and advance



photography, special effects (filters) that were placed in front of lenses, color balancing, and exposure, special dark room techniques, how to take portraits of people, nature, animals, architecture, sports, high speed photography along with knowing the difference between infra-red and regular photography. In addition, I took on-line photography courses at New York Institute of Technology. With the assistance of my college professors and ambition, I became a self-taught student and I continue to learn and hone my skills every day.

**Why did you pick the medium of photography?**

I chose to become a photographer because of the enjoyment of seeing beautiful images along with the desire of wanting to capture the beauty of what the naked eye can't see. For example,

some people may see a tree planted in the ground, but through my camera lens, I see the way the tree is bent, the color variations of the leaves, the shadow hitting the tree, and the patterns of tree shapes. When looking at a building structure, there is more than seeing mortar, glass, and brick. I see the beauty of the columns, shapes of the buildings, the way the roof is structured, and colors of the glass. I find it amazing that at different times of the day, the color of the buildings and the shadows will change. One of my favorite photographs is called Sky on Fire. When capturing that image, the sky was perfectly blue and then it suddenly turned to give the appearance of being on fire which lasted two minutes and then it returned back to blue.

**Of all your works, do you have a favorite?**



Yes, the Sky on Fire is my favorite image.

**It is my favorite as well. Thank you for sharing your beautiful photos with us. I love that you shoot to show us exactly what you see, so that we can see it through your eyes.**

**What makes a picture great instead of average?**

In my professional opinion, great photography will show balance and will usually have a point of reference. However, my preference is not always to include a point of reference, because I want to make the audience think about what they are looking at. The picture must have vivid colors which consists of a combination of several colors in one picture. The picture needs to stimulate the audience's mind. It could be as simple as capturing a picture of a can rolling down the road in the rain to as complex as having a picture with beautiful building, flowers, clouds, water, mountains and trees all in the same picture. Each picture should tell a story which can be interpreted by the viewer.

**If someone would like to purchase one of your photographs, how can they contact you?**

I can be reached at (702) 762-9101 or by email at [acphotoz@mail.com](mailto:acphotoz@mail.com). My artwork is also available for purchase online.

**In addition, you can find a wonderful gallery of his artwork by going to the website; [www.acphotoz.com](http://www.acphotoz.com).**

**Thank you for this interview. As you know, I am an admirer of your work and it is such an honor to learn more about you.**



# Do you wish you were more CREATIVE?

- Are you feeling stuck, trapped, or overwhelmed?
- Do you have a desire to be more creative?
- Do you want to overcome your doubts and fears about your creative abilities?
- Do you want to write a book, paint pictures, or begin a new creative project of some kind?
- Do you want to start a new business venture? Or, take your current business to a new level?

## If so, you will want to work with a Creativity Coach!

### What are Creativity Coaches?

- Creativity Coaches guide, direct, and help you stay focused on your creative work.
- Creativity Coaches help you get unstuck and move your projects forward.
- Creativity Coaches inspire you to push yourself to new levels of creativeness, innovation, and resourcefulness.
- Creativity Coaches help you build your confidence in your creative abilities.
- 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.

Not only will you receive feedback on your application of the information you are receiving, you will also receive the benefit of Judi's extensive background in leadership, management, image, communication, presentation skills, and service. Her insights and guidance will help you become who you want to be and realize your ambitions and aspirations.

Call **(702) 283-4567** or email [judi@judimoreo.com](mailto:judi@judimoreo.com) today for your complimentary "Strategy Session". Together you will evaluate your current situation and set a strategy for achieving your goals within a realistic, workable time frame. Judi will work with you in-person, by phone, or by e-mail.







# BUST OUT OF YOUR NEGATIVITY LOOP

BY JUDI MOREO

**W**e live in a negative world. It seems like no one has anything nice to say or people are complaining about everything that comes their way. It's no wonder they are stuck in thankless lives. These people go out of their way to find problems no matter what solutions are presented to them. We all get caught up in this and it is often referred to as a negativity loop. It is a bad habit that we develop.

If you currently find nothing right with the world, you may be stuck in that negativity loop yourself. If so, it's time to reverse it to positivity. It can be done

but it takes some effort. However, if you don't break the cycle, you will continue to be unhappy.

This should be the first question you ask yourself... Am I happy? If the answer is no, try to figure out the reasons why. If you are excessively negative, that should be the first place to look.

People don't like to fault themselves and will always look to everyone else as being the ones with the problems. However, if you look deeper within yourself, you may find it is you who is causing the problems.

Try to find the good in people. Everyone has good qualities and by focusing

more on those rather than faults, you can start to turn around your attitude towards life. Start with your family. If you are cross with your spouse or kids, talk to them about the reasons why. If it's ongoing, they may tell you it has to do with something you are doing (or not doing). It could be you aren't spending enough time with them. When was the last time you attended a soccer game or other event with your kids? How about your spouse? Have you gone out to dinner lately?

If you are having issues at work, you need to get to the bottom of that as well. If you are upset with several of your co-workers, this could be another sign that you are the problem. This is not to say

others aren't doing what they should. It's just that you need to take a closer look to make sure you aren't causing more stress in the work environment.

Make yourself a list of the people in your life who are positive and spend more

time with those people. If you hear yourself saying something negative, give yourself a pep talk explaining why you need to turn your self-talk around. If you are deliberately doing things to goad other people, stop it. It may be a joke to you, but perhaps they don't find


it to be so funny. Say affirmations in the morning. Listen to positive music. Read positive mental attitude books. Stay away from people who are negative. Someone has to bust out of the negativity loop. Why not you?



#### **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](mailto:judi@judimoreo.com).





**“The human capacity  
for burden is like  
bamboo- far more  
flexible than you’d  
ever believe at first  
glance.”**

---

**Jodi Picoult**





# SURVIVING TO THRIVING

BY SHERYL GREEN

The following excerpt is adapted from *Surviving to Thriving: How to Overcome Setbacks and Rock Your Life*. Available on Amazon.

**W**hat makes some people able to survive the rough patches, while others end up broken and hollow?

Let's put niceties aside for a moment and be honest. You've seen those people. They're at the grocery store, the doctor's office, waiting in line at the movies. You look over and think to yourself, "Geez, they've had it rough." There's a good possibility that they haven't lived through anything worse than you or me, so what's the difference?

First, let's talk about resilience.

People often refer to it as "bouncing back." I think that term should be stricken from our vocabulary. Bouncing back suggests that you started at point A (or the beginning of your character arc for you writerly types); experienced your storm (this is the conflict in a story); hit your climax, and ended up... IN THE SAME EXACT PLACE. Writer folks, that means that your character arc was more of a ray.

Why would you want to do that? Why would you want to face trials and tribu-

lations, only to become the same exact person you were before? That seems like a waste of a perfectly good period of hardship.

Our other option is bouncing forward, I suppose. We can face our challenges, learn from them, grow from them, and become better versions of ourselves.

Let's use an example that everyone should be familiar with: A Christmas Carol. Just a heads up though: I'm going to be referring to the Muppet version, because that's how I roll. The story is the same, so if you haven't seen the Muppet version, you can still follow along.

In the beginning, Scrooge is an awful, miserly, cranky, old man who takes advantage of the frog and rats that work for him. He pays them poor wages, keeps the threat of the "unemployment line" hanging over their heads, refuses





to ration out extra coal for the furnace, and makes them work on Christmas. He refuses to give to the poor, has no relationship with his family, and mocks a homeless bunny for his lot in life. No bueno.

Then, the ghosts show up. Christmas Past, Christmas Present, and Christmas Future (who is creepy!), stop by to help Scrooge reflect on how he lives his life, and what will happen if he goes unchanged. He wakes up the next morning, gets ready for work and goes right back to torturing his employees and ignoring the poor.

Wait. What? No he doesn't. Because that would make a cruddy story!

Here is what actually happens: Scrooge wakes up, grateful to be alive and to have the opportunity to right the wrongs he has committed. He donates to the poor,

shows kindness and compassion to that adorable bunny, and brings a turkey the size of Fozzie Bear to the Crachets' house so that the frog and the pig can feed their wonderful, genetically impossible, frog-and-pig children.

Scrooge faces his challenge and bounces forward. He is a changed man. When you face your conflict, when life kicks you in the butt, will you embrace it and become better for it, or will you stick your head in the sand and become one of those "What the heck happened to them" people?

It's been my experience that you can learn to be resilient. There are certain qualities you can develop, tools you can gather, and characteristics you can foster in order to rock out at this party we call "life."



## ABOUT THE AUTHOR

Sheryl Green is a keynote speaker, author and writing coach. She helps organizations and individuals harness the power of story in their businesses and lives to improve their visibility, favorability, and profitability.

Sheryl is the author of *Surviving to Thriving: How to Overcome Setbacks and Rock Your Life* and *Once Upon a Bottom Line: Harnessing the Power of Storytelling in Sales*.

To hire Sheryl or buy her books, email: [sheryl@sherylgreenspeaks.com](mailto:sheryl@sherylgreenspeaks.com)



# **Behind The Entertainment scene** with Stephanie Thompson

LIVE IN LAS VEGAS AND ONLINE  
24 HOURS A DAY ON [AKEXPERTSTV.COM](http://AKEXPERTSTV.COM)

## **STEPHANIE'S MOVIE REVIEWS**

WITH A FOCUS ON FOUR CATEGORIES OF FILMS: BIG SCREEN OR  
BLOCKBUSTERS // INDEPENDENT // COMEDIES // CHILDREN'S & FAMILY

ON THE SHOW, STEPHANIE INTERVIEWS EXPERTS SUCH AS DIRECTORS,  
PRODUCERS, ACTORS, ACTRESSES AND SPECIAL GUESTS WHO  
SHARE INSIGHTS AND HAVE DISCUSSIONS ABOUT FEATURED MOVIES.

STEPHANIE THOMPSON, IS A MEMBER OF THE SCREEN ACTOR'S GUILD AND AFTRA. PRODUCED AND DIRECTED BY  
AIMMEE KODACHIAN. FOUNDER OF THE "AIMMEE KODACHIAN AND THE EXPERTS" SHOW AND ONLINE ACADEMY





# THE INTERNAL LANDSCAPE: FINDING YOUR OWN RESILIENCE

BY ALISA WEIS

**I**f Washington state is known for anything in its late August days, it's the detrimental wildfires. Threatening, and at times devastating, the flames spread through farmland, creating chaos and rendering the sky full of hazy smoke. For most, these fires are a signal to stay indoors; but for others, the flames mean something else: mandated change, an eviction notice from the life they've been living, and now facing hard-to-fathom loss.

There are people who don't walk away from this season unscathed, and yet, whether the wildfire in your own life

is literal or figurative, it's worth noting something: many of the trees recover. They are left with their fire-resistant bark, and their new marks merely indicate their wounds, not their inability to heal.

So it is with us, when we are left licking our wounds from the difficulties that life delivers. As you know, human trials can range from a joyous change to an unexpected new reality to an incomprehensible loss. While the latter demands the most in terms of resolve and recovery, the other changes give us the opportunity to strengthen our internal landscapes as well. In her article "How People Learn to Become Resilient," Psy-

chologist Maria Konnikova says, "it's only when you're faced with obstacles, stress, and other environmental threats that resilience, or the lack of it, emerges. Do you succumb or do you surmount?"

## Permission to Process

It was after I'd married and had children that the most painful parts of my childhood resurfaced the most. Though my parents did a good job raising me and providing me with my essential needs, there were incidences of harm caused by another source that needed addressing. While some walk themselves through the process, I found a trusted counselor to help lead me through the

steps to healing. You might not realize it, but scheduling the appointment, reading books on growth, and/or journaling your experience is decisive action, and that alone takes courage.

What's initially confusing (at least for me) is that scheduling the appointment with the counselor or taking a greater, more focused look at the source of your sorrow can feel counter-intuitive. You might even think to yourself, "Why am I focusing on the past? That was then, and this is now." But, if you find yourself plagued with painful memories and don't know what to do with them, it's far better to face them than turn to unhealthy coping mechanisms.

When you give yourself permission to process, you are acknowledging that you are worthy of healing and you are allowed to be human. The beauty in these seasons of trials is that we can gain "a greater sense of strength even while feeling vulnerable, a more developed spirituality, and heightened appreciation for life" (The Road to Resilience: American Psychological Association).

### In This Together

While it's tempting to stew in anger over life's unpredictable turns or even the wrongs done to us, we're stronger when we remind ourselves that we're not the only one facing hardships. "In the United States, an estimated 50–60% of people will experience a traumatic event at some point in their lives, whether through military combat, assault, a serious car accident or a natural disaster," (Stress: The Roots for Resilience, Nature: International Weekly Journal for Science).

What this feedback tells us is that we don't have to emerge from life's fires alone. When you start looking around,

you realize that many people have walked through similar, and in many cases, harder experiences than we have, and they're not allowing those adversities to have the last word. Neither should we.

It's important to realize that "resilient people maintain strong and supportive relationships, both personal and professional. As a result, they have caring, supportive people around them in times of crisis," (Lolly Daskal, "How to Be More Resilient When Things Get Tough, Inc.).

Perhaps you also have found that having trusted people of influence around you helps firm up your internal resolve. Often times, these sources have emerged stronger from life's lows--the unexpected divorce, the loss of a loved one to cancer, childhood adversity--and they don't wear the smoke of their battle everywhere they go. Life's sorrows make them more empathetic, more knowledgeable about what's important, and more willing to help another person who might need a hand up. Don't think for one minute that you won't someday be the one instilling hope and belief in another. You might already be serving that purpose!

### Looking for the Gift

If you've lived a few decades, you know that life's adversities often demand we drop all the things that aren't important. Such prioritization is a gift. The times that call for resilience have the tendency to bring that which matters into hyper-focus: our faith, our families, our need to put our attention on tasks that matter. We might be in the throes of anger, grief, and pain, and yet, feel ourselves changing, growing, and emerging into stronger individuals. We might not be where we want, but the choice to move forward with intention takes us farther

than we ever knew possible.

In his book "A Moment's Pause for Gratitude," author Kevin Carroll says, "If we are confident that, no matter what, things will get better, and that we have the ability to overcome whatever obstacles we encounter in life, we will allow that gift of resilience to bring us back to life."

While some life events might leave us with a wound or even the faintest scar, it's important to realize that we, just like so many of those ponderosa pines in forest fires, are capable of the renewal and growth that helps us thrive.



### 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](http://www.alisaweis.com)





Your Fast Track Guide to

# Writing & Launching Your Book

By Judi Moreo

## LEARN HOW TO PLAN & LAUNCH YOUR BOOK

IF YOU ARE READY TO START WRITING YOUR BOOK AND GET IT PUBLISHED, THIS COURSE IS FOR YOU!

### DON'T BE LEFT UNPREPARED!

Writing and publishing a book can give you huge exposure and help you establish expertise and authority in your market when done right. When it comes to creating and launching your book, it may be tempting to just dive into the world of writing and publishing. But this can leave you feeling scattered, uncertain of your message, and overwhelmed by your to-do list. This is why so many people give up and books go unpublished.

Planning is the answer and that's exactly what this ecourse will help you do every step of the way. When you have a plan in place for how you'll write, publish and market your book, the process is much more enjoyable and achievable.

### YOU'LL LEARN

#### PLANNING

How to make a plan for writing and launching your book

#### GOAL SETTING

Ways to break down the writing process into achievable tasks

#### DISCOVERY

Evaluate the many publishing options for your new book

#### PROMOTION & MARKETING

Effective promotional tactics to market your book and gain the exposure it deserves







# NEVER, EVER, EVER QUIT

BY ANTHONY BURNSIDE

“

The human capacity for burden is like bamboo—far more flexible than you’d ever believe at first glance.”

“Ease is a greater threat to progress than hardship”—Denzel Washington

I think of these words of resiliency from Mr. Washington all the time. They have even more special meaning for me, because I was standing only a few feet away from him next to the stage while he said it at the NAACP Image Awards in 2017 in Pasadena, California. It was a Who’s Who for attendees at that show. Mr. Washington had just presented an NAACP Image award to Taraji P. Henson and Janelle Monáe for the motion picture film *Hidden Figures*. The words he uttered prior to making that quote are also worth listening to. He said, “Fall 7 times. Get up 8.” That statement reeks of resiliency.

I hate to give up. I mean I really do. No matter how daunting the situation becomes (and I have had some intense situations) I never let the situation win. Now, I don’t possess great secrets from some Yogi in the far east. I simply

choose to not engage in the practice of giving up. Our minds are our own limitation. We all experience the trials and tribulations of life, both good and bad. Just like we tacitly and psychologically train other people how to treat us in everyday life, the same holds true for the brain. If you think that you can’t accomplish a task, then you have already defeated yourself in your mind and that carries out into the physical world.

Even though we may have trained ourselves to entertain negative thoughts, we can retrain ourselves to do the opposite (it can take a while.) When you train as a Navy Seal in BUD’s (Basic Underwater Demolition Seal) you learn that the human body can go beyond its limits by a factor of ten. That’s incredible. Imagine the power that knowing can unleash?

This brings me back to resilience. This starts deep within, nurturing your inner strength and power, believing in yourself, knowing that you can handle anything life throws at you. This allows you to put things in proper perspective. You will never be on good terms with everyone and not everyone will like you. You can’t control what others think and say

about you, so never worry about that. You will be a villain to some people and a hero to others. There will always be problems and challenges in life. Know all of this and be ok with it.

Keep in mind that it’s also about “reaction vs response.”

“Reaction is a shot from the hip sometimes without forethought. Response is a carefully crafted recourse of action. Response is always better. Keep in mind it’s never easy, because it is in our nature to resist change and challenges. Let’s define Resilience. Resilience is the ability to deal with stress and adversity. It stems from believing in yourself and, at the same time, in something bigger than yourself. Train your brain and inner power for bounce back. Resilience is not a trait that is innate in us. We have to develop it.

We often react to things immediately as opposed to crafting a response. When you are faced with adversity or a difficult situation, take the time to let it register and decide how you feel about it. It’s okay to feel bad about it for a while. But, then craft a response to the situation and don’t let the situation win.

Here are a few steps for all of us to follow while we walk the path of resistance.

#### **1. Don't try to solve problems with the same thinking that created them.**

Retrain your brain. Resilient people don't make the same mistake again and again. They're willing to be honest about why they failed and take the time to think about what didn't work.

#### **2. Master your emotions before they manage you.**

Resilient people have a positive outlook. They remind themselves that much of what they're facing is temporary, and that they've overcome setbacks before and can do it again. Resilient people focus on what they can learn from the experience.

#### **3. Stay tough.**

Resilient people face their fears and have an adaptive attitude that lets them focus on possibilities even in the worst of times. The tougher the situation, the

tougher they become.

#### **4. Keep growing.**

Life doesn't get easier or more forgiving; we get stronger and more resilient. Resilient people are constantly becoming braver and more courageous. They know that life is not what happens to us but what happens within us.

#### **5. Stay prepared.**

Resilient people work on solving problems rather than letting themselves become paralyzed by negativity. They keep planning for the future even when things aren't working out.

#### **6. Pick yourself up, as many times as it takes.**

Resilient people understand that failure is falling down and refusing to get up. They have the capacity to adapt successfully and the tenacity to never, ever quit. That part is important. Never ever, ever quit? Like Denzel Washington says, "Fall down 7 times. Get up 8."




### **ABOUT THE AUTHOR**

Anthony Burnside is the CEO of Ronin Group Consulting, a highly sought-after security expert and a protective intelligence threat assessment investigator (P.I.T.A). He is also part of an elite group of close protection operatives tasked with protecting VIP's all over the world. He has conducted protective operations at the S.S.I Conference at the prestigious U.S. Army War College for a former White House official and at the United States Air Force Academy. In addition, he has helped provide protection at worldwide televised events such as the Golden Globes and the Grammy Awards, American Music Awards etc. In addition to his security background, he is also an actor, voice over artist, author and speaker.

Anthony can be contacted at:  
Anthonywavex@hotmail.com  
Instagram : Anthonyburnsideofficial







**“Do not judge me by my success, judge  
me by how many times I fell down and  
got back up again.”**

---

**Nelson Mandela**



# CREATE THE PASSION HABIT

BY JUDI MOREO



as your job gotten stale to the point where you dread going to work each day?

Your home life may not be everything you were hoping for, either. This is common for many people and can be summed up with the following phrase: lack of passion.

When people start out their careers, they are hyped up. They work hard

and shoot for higher goals. Often, they become disillusioned with the games other people play, and the career is not what it was cracked up to be. They end up just existing in that career.

If you can inject some passion back into your life, you will find a renewed desire to participate. The key is to reconnect with what you lost. Sometimes, getting back to basics can give

you a sense of purpose. Volunteer for new assignments at work. Also, help others who may be just starting out. You can become a mentor.

When people lose their passion, they want as little to do with their jobs and their lives as possible. By creating different paths than you are used to, it can lead you to a place that you find exciting and worthwhile.





### 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. Judi is also a highly sought after business and creativity coach who will help you find and live your passion.

It's important to shift your attitude. When you lose your passion, you tend to become negative. You think that nothing will ever work to your benefit. Unfortunately, this energy gets projected out into the world and becomes a self-fulfilling prophecy.

However, if you shift your focus to a more positive stance, that too will be projected out and will be returned to you in kind. Which is better, to receive something negative or positive for what you project? Most people will answer that positive is better.

If you turn passion into a habit, it will become part of your life. Just the nature of repeating your passion consistently can make you more pas-

sionate. It takes some getting used to, and there will be positive experiences as well as negative ones. Like any other habit, however, you need to keep going. The beginning days are always the toughest. Create a vision of where you want to be several months from now. Focus on that vision on a daily basis. This alters your mindset to help you start implementing the steps to get there. When this happens, your passion will grow, you will become more resilient, and you will find a new zest for both your work and your home life. People will recognize the changes in you and will champion your efforts. People love to align themselves with winners.

Whatever your reason for seeking out a one-on-one coach, Judi Moreo will teach you 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. Not only will you receive feedback on your application of the information you are receiving, you will also receive the benefit of Judi's extensive background in leadership, management, image, communication, presentation skills, and service. Her insights and guidance will help you become who you want to be and present yourself as you want to be seen.

To contact Judi or book her for a speaking engagement, contact Turning Point International, (702) 283-4567 or [judi@judimoreo.com](mailto:judi@judimoreo.com).

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



**Where there's smoke,  
there's fire, and  
she's igniting!**

This is the story of one woman's journey of braving the flames, to ultimately rising from the ashes finding her own empowerment in a man's world. Join her on her journey as she not only changes a system but also shares her process of becoming a firegal, a force that is inextinguishable!

*Gina Geldbach-Hall*

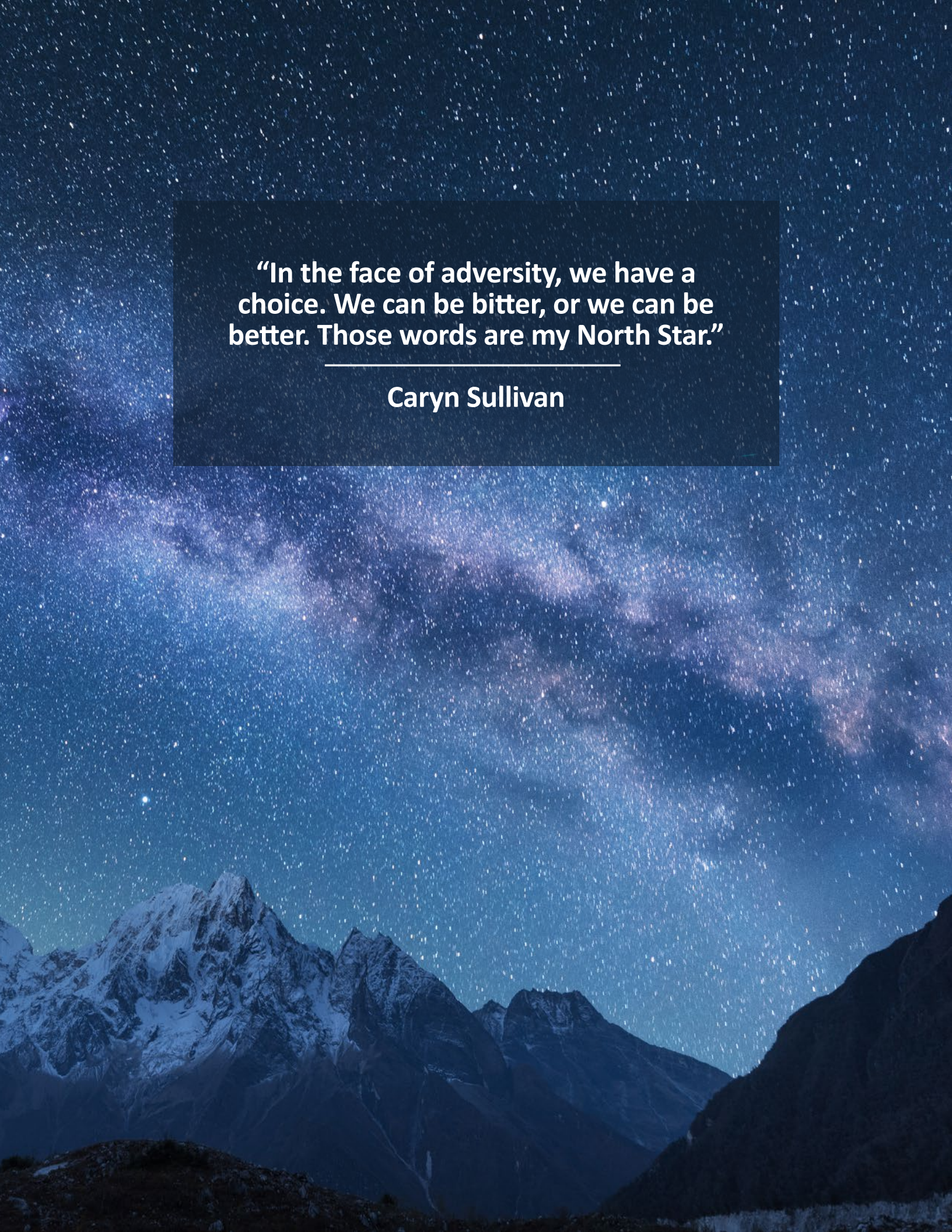
INSPIRATIONAL KEYNOTE SPEAKER  
AWARD WINNING AUTHOR  
CONSULTANT & SEMINAR FACILITATOR

[www.FiregalWisdom.com](http://www.FiregalWisdom.com)

*Purchase today on Amazon.com*





A night sky with the Milky Way galaxy visible, arching across the frame. Below the sky, the dark silhouettes of snow-capped mountains are visible against the starry background.

**“In the face of adversity, we have a choice. We can be bitter, or we can be better. Those words are my North Star.”**

---

**Caryn Sullivan**





## FROM YARD SALE TO TABLE

BY S. L. GORE

**I** 'll confess to a distinct heady thrill that comes only with rummaging through a good yard sale to uncover discarded treasures for next-to-nothing prices. It might be the sheer adventure of finding something new (to me) or the idea that someone once cherished these precious tchotchkes and that I, in all the Universe, am the one to give them new life.

Be it called yard, garage, moving, rummage or estate, the same hunt is promised with a subtly different market. The nuances in name are important if you are sponsoring a secondhand sale yourself and want to elicit the best response. At the bottom of the hierarchy is a yard sale where any old thing is sold. A garage sale gives the idea there might be some useful tools or a trove of goodies unburied while cleaning. A moving sale implies there will be lots of good, serviceable items that are being purged only because of the expense or inconvenience of relocating. The term rummage sale is more old-fashioned and conjures of visions of exotic finds. The high end is the estate sale telegraphing treasures such as carpets, porcelain, glassware and art.

My Saturday morphed into an unexpected mother lode when a friend called and asked me to drop by his yard sale. I told myself I was going only to be supportive. I wasn't going to buy a thing. I didn't need a thing. I hardly have place for another thing. But sigh, never in my imagination did I envision the wealth weighing down those folding tables on the lawn. A deceased aunt who compet-



Treasures from a yard sale. Which shall I use tonight? I set out a variety of elements: tablecloths, napkins, chargers, dishes, glassware, silverware, all different colors and styles. After experimenting with various combos, switching napkins or plates or chargers, I decide the theme. One solution isn't better than another, but more what is the mood I wish to achieve.



ed in table setting at County Fairs! OMG. Will strangers sift through my leftovers when I pass, pondering, "How many sets of dishes can one person have?" A lot, I tell you. Never enough.

If you need food to serve on your newly acquired china, try my easy recipe for stuffed Cornish hens. A welcome relief from chicken and not nearly as much work as a turkey, a Cornish hen, split in half, oozing with herby aromatic dressing, makes an elegant and scrumptious alternative for an autumn meal.

#### STUFFING FOR TWO CORNISH HENS (Serves 4)

- ½ stick butter
  - ¼ cup olive or avocado oil
  - 6 scallions, chopped fine
  - 2 cups mushrooms, chopped fine
  - 1 cup celery, chopped fine
  - ½ cup dried currants
  - 2 Tbsp chopped fresh parsley
  - 1 tsp thyme
  - 1 tsp sage
  - salt and pepper
  - 1 Tbsp Better than Bouillon chicken paste, dissolved in 1 cup boiling water
  - 1 package of Mrs. Cubbison's Cornbread Stuffing (2 pkgs in box), similar product or cornbread
1. Sauté all ingredients except cornbread and bouillon in a large saucepan until tender.
  2. Combine sautéed mixture with 1 package of dry cornbread dressing or cornbread chunks.
  3. Moisten with chicken bouillon. (Should be quite mushy.)
  4. Rinse, towel-dry hens, salt cavity and place in a baking dish.
  5. Stuff each bird cavity until overflowing.



My final choice is a Rooster Autumn table setting using elements from my yard sale purchases and combining with what I already have.



Scallions, mushrooms, celery, currants, herbs, butter and oil sautéed in the pan in preparation to be mixed with the cornbread and chicken bouillon for stuffing the Cornish hens.



6. Rub skins with oil and butter, sprinkle with rosemary (or another herb) and rock salt.

Optional: Line bottom of pan with sliced onions and carrots. Salt and pepper. Add remainder of broth (or make more).

Put in 350 F degree oven uncovered for about an hour. (Check baking time according to weight).

Roasted stuffed Cornish hens fresh out of the oven, ready to cool slightly then be halved for serving with autumn vegetables like carrots and a green salad tossed with vinaigrette.



### 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.

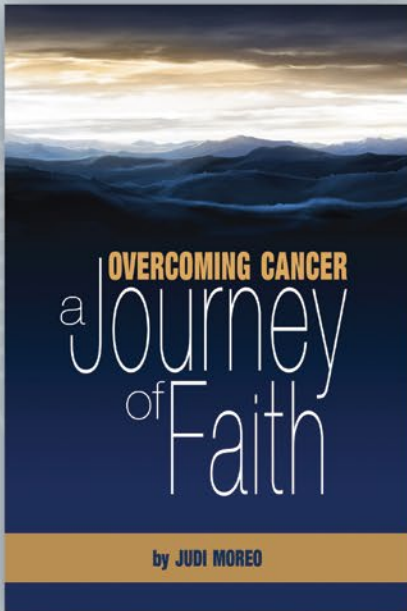
GoreNovels@gmail.com  
SLGore.com





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.

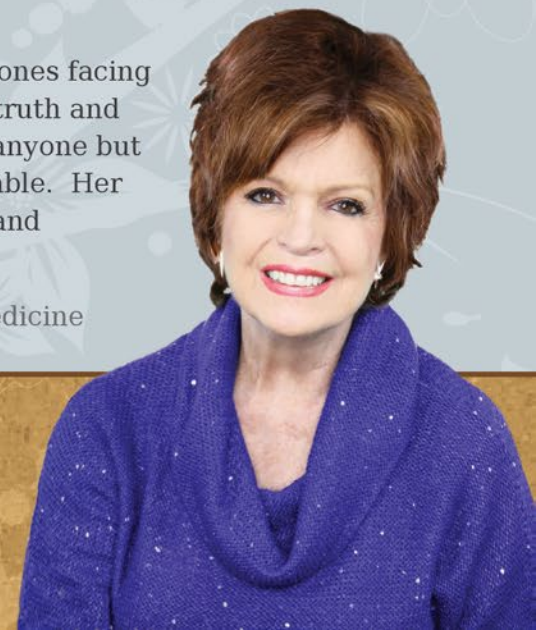
Even though traveling the cancer road was a rocky and difficult journey, it was also rewarding. The path through cancer requires enormous discipline, work, and change; yet it is filled with excitement, experiences and discoveries that can bring us to a new and better place if we are open to possibilities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



# SIX STEPS THROUGH THE BACK DOOR

BY LAURA PORRECA

**H**ave you ever lost something important to you? What can you do when you lose a loved one, a job, or your health? How can you prepare for a very real earth shattering change? There are no short cuts, but there is a back door. And I can lead you through.

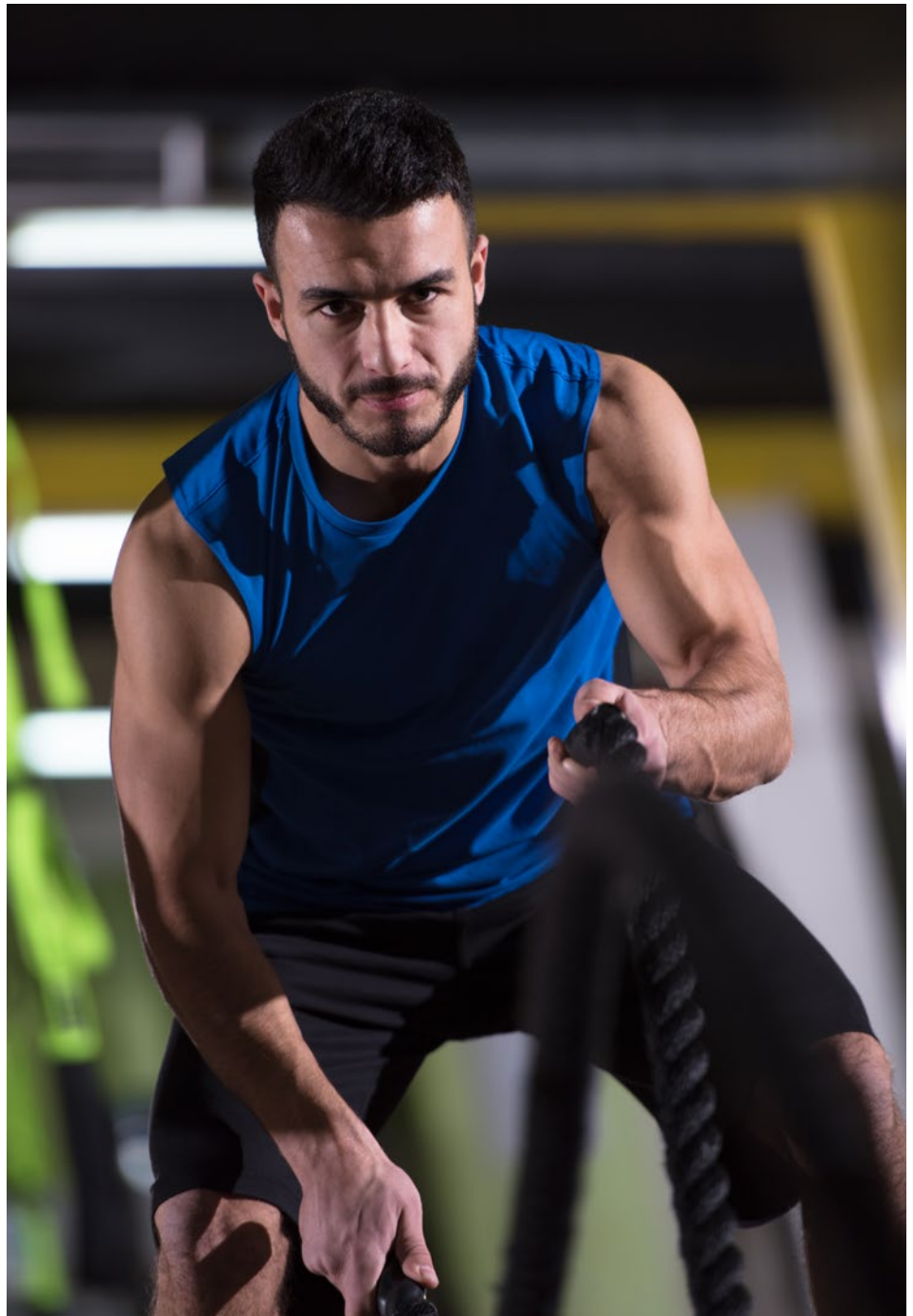
First, let me say that it is much easier to tackle something when you are prepared. The athlete prepares for his challenges by engaging in challenge. Have you ever noticed how easy it is for a fit person to climb a flight of stairs? It makes sense to get strong and stay strong.

But, few of us train for the inevitable train wreck! Then it happens. A disruption of the worst kind. What then? Since no one's life is free from trouble, it pays to be proactive and develop yourself before trouble hits. You do this by building your resources.

## **BUILD YOUR "RESOURCE EMPIRE"**

Think of the last big tragedy in your life. Were you able to bounce back quickly? Often, for a time, you may find yourself trapped in what I call a circle of fear, revisiting the same old thoughts of panic and dread. What I suggest is developing some very important resources. Get to work building your resource empire.

## **DISRUPT THE CIRCLE OF FEAR AND ITS ILLUSIONS**







When we are quick to judge ourselves, we think, “if only I were more flexible, more adaptable; what’s wrong with me?” We are faced with the illusion that we are not good enough or no one understands us, and that we are all alone. In the six secrets that follow, you will discover a process to regain your footing from any travesty. If you are wise, you will train and become fit so you can handle anything that happens to you. Let’s look at how you can invest in yourself.

#### THIS IS THE BACK DOOR:

**1. Be grateful.** Write out what you are grateful for and feel joyous when you think of all the good in your life. This puts you in a good vibration. It works if you are trying to fight your way out of depression. It rewires your brain to be positive and hopeful. And it helps you navigate stormy seas when they arise.

**2. Strengthen your mind.** Decide to be a lifelong learner, and cultivate your will, your memory, and your ability to reason. No one gets mentally fit without effort. Read. Take a class. Avoid negative suggestions and spend time listening to positive, uplifting messages.

**3. Create intentional interactions with others.** Decide who you will interact with and how. Learn to make friends and how to influence people in an encouraging way. Let others help you. When you are intentional about your interactions, communicating becomes a much safer thing to do.

**4. Practice reflection.** I often say, “Look, see what you see, not what someone tells you to see.” Begin to understand cause and effect more clearly, and be responsible for the outcomes of your actions.

**5. Replace old habits with new ones that bring you closer to your ideal life.** When you become good at creating habits, you become more resilient.

**6. Work on awareness.** As you develop your imagination, intuition, and perception, you will naturally become more aware. Realize there is a grand design. You are playing a role in something much bigger than yourself.

Mitigate loss by developing yourself. You will be investing in the one thing no one can take away from you- **you**.

#### ABOUT THE AUTHOR

Laura Porreca created the Six Secrets to Success to help people navigate change. She teaches her audiences how to connect, contribute, and empower! Sign up for her communication tips today at [7DailyHabits.com](http://7DailyHabits.com)



**Resilient Survivor  
Available On  
Amazon.com &  
Barnes & Noble**

# 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."**

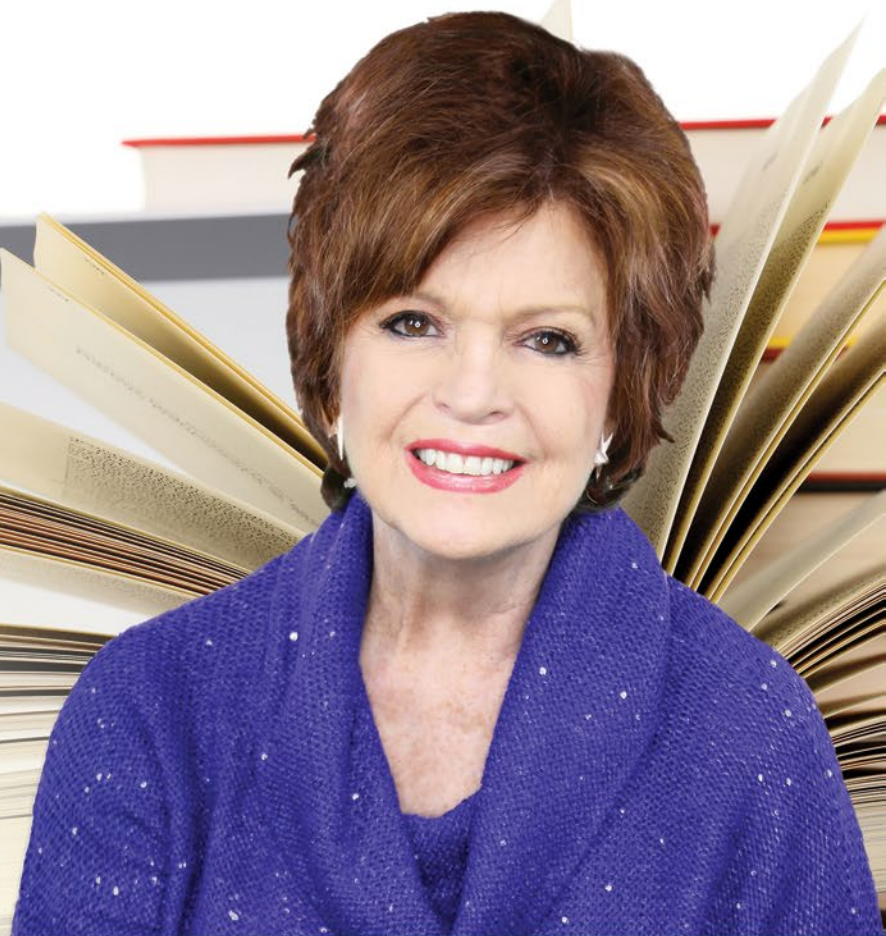
—Kathie Slaughter, Retired teacher

**WWW.MARLENECURRY.COM**

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

EMAIL MARLENE  
[marlene@marlenecurry.com](mailto:marlene@marlenecurry.com)





## WORLD OF BOOK REVIEWS *with Judi Moreo*

**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 Armount Television Network in Las Vegas and on-line 24/7 world-wide on:

Produced and Directed by Aimmee Kodachian

**AKExpertsTV.com**





CHOICES MAGAZINE  
AUTUMN ISSUE 2018

# A FINAL NOTE FROM JUDI MOREO

Developing resilience is a personal journey. We don't all react the same to the traumatic and stressful events in our lives. What works for one of us might not work for another.

We must maintain flexibility and balance in our lives as we deal with stressful circumstances and traumatic events. You can do this by:

- Meeting your daily responsibilities
  - Resting, nurturing and reenergizing yourself.
  - Spending time with loved ones to gain support and encouragement.
- Letting yourself experience your emotions (at an appropriate time and place.)
  - Taking action towards solutions to your problems

A good roadmap, plan or strategy is required for your resilience journey as well as perseverance and trust in your ability to work your way around obstacles. You will gain courage and insight as you successfully navigate your way through narrow and rough roads.

There will be rest stops along the way, but you must remember that to get to the end of your journey, you need to continue moving forward.

You are More Than Enough,

*Judi*