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EMPOWERMENT



# Uplift Your Life

NOURISHMENT OF THE SPIRIT



**Uplift Your Life: Nourishment of the Spirit**  
Thursday at 8 AM Pacific  
**November 22nd 2018: Encore: Navigating  
Tough Family Dynamics With Our Ancestor's  
Help**

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The holidays are supposed to be a time of good cheer, happiness and celebration. Most of us had a false belief that everyone else was having a great time and we were the only ones who were miserable. That myth blew up last year when arguments and cruel words were spoken across the dinner table. Some family members are still not speaking to each other and others learned that their grandparents were not the kind, gentle people they thought they were. The truth is, every family has its challenges: the crazy aunt, the alcoholic uncle, the controlling father, the manipulative mother, the sharp-tong

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## Featured Guest



### Dr. Daniel Foor

Dr. Daniel Foor is a licensed psychotherapist and a Doctor of Psychology. He has led ancestral and family healing intensives throughout the United States since 2005.

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