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HEALTH & WELLNESS



Shift Happens!

with Karin Weiri



Shift Happens!

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February 4th 2020: The Power of Setting Boundaries and How to Bring Intimacy Back Into Your Relationship

Do you start each year vowing that “things will be different”, and find that as the months go by that they are not different? That perhaps your relationships are the same, that your job is the same, that you overextend yourself to others and that you are tired and stressed and feel guilty all the time? Are you unable to make even minor decisions? Do you continually attract users and find yourself in co-dependant relationships? These are all symptoms of the poor personal boundaries. In this episode of “Shift Happens” we talk to Gloria Danvers CCHt about how to identify your lack of boundaries,

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Featured Guests



Gloria Danvers

Gloria Danvers is a Certified Clinical Hypnotherapist who began her fascination with Hypnosis as an Art to Wear Artist. To her surprise, not only was Hypnosis valuable in her career, but it also transformed her self a woman who who took on every challenge with humor and confidence.

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Guest Image

Dr. April Brown

Dr. April Brown has a thriving private practice since 2005 in Fort Myers and in Cape Coral, where she specializes in anxiety, depression, self-esteem, relationships and sex therapy, emotionally support animals, and distance counseling.

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