

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



EMPOWERMENT



**Pause, Breathe and Create**  
**Friday at 2 PM Pacific**  
**March 6th 2020: Practicing Presence Creating Hope**

"I don't think of all the misery, but of all the beauty that remains." ~ Anne Frank Have you experienced feelings of losing hope in your ability to make needed changes within yourself or your life situation? Making choices for change can feel difficult and impossible. There are ways to find hope as you become more present with your choices and actions. You will become more sensitive to the ups and downs as you are focused on the possibilities of building positive results of practicing presence. "Whether you think you can, or you think you can't -- you're right. ~ Henry Ford Join us a

[Read more](#)



#### Tune in

Friday at 2 PM Pacific Time on  
VoiceAmerica Empowerment  
Channel

[LISTEN LIVE](#)

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

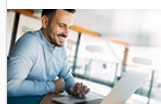
**Questions? Comments?**  
**Call In Live! Call-In**  
**Toll Free: 1-888-346-9141**  
**Intl: 001-480-553-5760**

#### Share This Episode



#### Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

[VOICEAMERICA BLOG](#)