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November 3rd 2020: Find Your Friggin Joy

Today we are going to talk about Facing and Our Fears and finding our joy. Fear is a very powerful emotion. It can motivate some to take action and it can paralyze others. Where does your fear come from? Is it from a past trauma, be it physical, mental or emotional? Is it because you tried and failed at a task or a job or a marriage? Is it an irrational fear or phobia you just can't get past? What ever it is, until you face your fear it will continue to suck the life and joy out of you. My guest today is Belinda Farrell who has experienced debilitating physical, mental and emotional fea

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Featured Guest

Guest Image

Belinda Farrell

Belinda Farrell, author of the book Find Your Friggin' Joy, graduated with a BA in Spanish and English from the University of California at Berkeley and is trained in hypnotherapy, past life regression, NLP, Hawaiian chanting, and ancient Hawaiian healing (Huna). Belinda trained with Anthony Robbins (author of Unlimited Power) and has effectively used these skills in her own life. She has completed 18 firewalks. When Belinda was forty-eight, she collapsed with herniated discs and spinal nerve damage. Threatened with paralysis by her medical doctors if she didn't have surgery, Belinda instead chose to apply the ancient Hawaiian healing practices she had been learning the previous three years,

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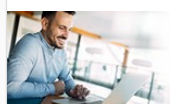
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