



Empowering Women, Transforming Lives
Thursday at 10 AM Pacific
September 23rd 2021: Practices to Stay in Balance

Balance doesn't just happen. It's something you have to create with intentional choices and daily or weekly practices. Today's guests are two women who fight for both balance and joy in their lives. Join us as Rebecca talks with Linda Shively and Marlene Elizabeth as they discuss the practices that help them stay in balance both professionally and personally. As always, you can find our host, Rebecca Hall Gruyter at the www.RHGTVnetwork.com or at www.yourpurposedrivenpractice.com. Our guests can also be found online: Linda at <https://www.lindashively.com> and Marlene Elizabeth at <http://www.mar>

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Featured Guests



Marlene Elizabeth

Marlene Elizabeth is a Positive Intelligence Coach, Mamapreneur and an International Bestselling Author. She empowers driven, bold, highly-creative women entrepreneurs struggling with anxiety, frustration and joylessness to experience a calm, clear and happier mind with dramatically improved confidence and performance so they can create the beautiful impact and income they dream about. Marlene has been featured on the cover of Mompreneur.buzz online magazine, in RHG Magazine, Thrive Global, Voyage-LA, and other media outlets. In addition to her own book, MONEYWINGS, Marlene has co-authored 5 books, produced and hosted 40+ podcast guest interviews aired on RHG-TV, and has shared her "From Fe

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Linda Shively

Linda Shively has been featured as an expert in the Wall Street Journal, is a best-selling author, award-winning speaker, and neuroscience and mindset expert. She has presented across the country at places from Walmart to Carnegie Hall. Linda has been a multiple-time guest and a host on cable television, featured in a film with Winona Ryder and Jeff Daniels, and even performed at the Rose Bowl for over 90,000 people. After healing from an abusive marriage, and navigating the diagnosis and eventual death of her 3-year-old daughter, Linda found her way to bounce back and reclaim her joy in life. Now she empowers growth minded individuals to take action to stop beating themselves up so they can

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