





Resiliency Within

Building Resiliency during Unprecedented Times



Elaine Miller-Karas



TRAUMA RESOURCE INSTITUTE

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Resiliency Within
Monday at 1 PM Pacific
October 25th 2021: Peace, Purpose, and Prosperity

Karin Weiri will discuss her new book, Achieving Peace, Purpose and Prosperity. As a society we have built a myopic view of mental health blaming the majority on genetics and leaving out environmental, societal trauma and influence. She will discuss how powerful the mind is and how to access our full potential when we learn how to use simple, yet powerful tools. The role of stress is huge as is the way we are over fed and under nourished. Karin will share how we can balance the body again, including using nutritional supplements, to reset the nervous system. She has learned that you can now

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Monday at 1 PM Pacific Time
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Wellness Channel

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Featured Guest



Karin Weiri
Karin Weiri is a licensed Marriage and Family Therapist, trained in EMDR. She is the author of "Achieving Peace, Purpose, and Prosperity" (#1 in New Releases). Karin is a former Radio Talk Show Host with VoiceAmerica, called Shift Happens. Her work is about how we can heal ourselves mentally, physically, and financially starting with changing our mindset. Once we change our mindset, we can tap into our infinite potential. Karin will share a cutting-edge intervention called Frequency Therapy. Frequency Therapy includes an FDA approved medical device that helps with reducing pain, migraines, headaches, and helps reduce anxiety and depression. Karin will also discuss how financial stress aff

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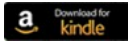
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