



BraveHearts Radio
Monday at 1 PM Pacific
December 20th 2021: Artichoke Alchemy with
Chez Leebby and Amy Maughan

In part two of my conversation with Amy and Chez we are exploring the new paradigm of "Artichoke Alchemy"! If you're tired of "peeling the onion" and just finding more of the same, join us for a new look at this and see how you too can get to the heart of the matter!

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Featured Guests



Chez Leebby
Dr. Cheralyn Leebby (Chez) is a holistic psychotherapist who sees her clients as the heroic "healers of self." She has over 30 years of experience as a Licensed Marriage and Family Therapist with specialized training in Trauma Resolution, Parent Education, Addiction, Grief Recovery, Art Therapy and Mindfulness. She is an accomplished speaker, International Best Selling author, retreat leader, teacher, trauma specialist, art and play therapist. Dr. Leebby created Soul Life as a platform for community prevention and wellness education. Soul Life workshops teach tools for healthy living from a multi-disciplinary and experiential approach outside the therapy office. Dr. Leebby's life mission is to

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Amy Maughan
Amy Nilsson Maughan is a teacher, speaker, writer, mentor, and devoted advocate of the arts with the life mission to share knowledge, spread light, and inspire hope. Holding an MFA in Creative Writing from Vermont College of Fine Arts and a BS in Family Science from Brigham Young University, Amy merges her love for words with her interest in family dynamics, sociology, and psychology through writing that explores complex human relationships and mines important topics in mental health, body-image, grief, loss, and navigating adolescence. She's done freelance writing and editorial work for various companies, websites, and media sources, has three completed books in the YA genre, and is current

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