



Rock Your Midlife
Wednesday at 11 AM Pacific
May 25th 2022: Secrets to Being Happy and
Confident at Midlife

Midlife is challenging! There are so many things to deal with - relationships, finances, career, health - and multiple stressors. Whatever challenges you are facing you can be happy and confident at midlife. In this episode we share multiple strategies and secrets to help you be your best, most confident, and joyful self even when life is tough. You'll discover how to: Be high-for-life Boost your confidence Improve communications and relationships Live more consciously and mindfully Change your life for good Have more fun Buckle up your midlife seatbelt, it's going to be a pow

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Featured Guests



Karen Donaldson

Karen Donaldson is a Celebrity Communication and Body Language Expert, Certified Confidence Coach, Executive Public Speaking Coach and a #1 Best Selling Author. In addition to being an international speaker, Karen is the Body Language Expert for Cosmopolitan and Women's Health Magazines. She is a regular contributor to Arianna Huffington's "Thrive Global" and CTV Guest Communication Expert and has been interviewed on many national shows in the U.S. including Tamron Hall, The List, Daily Blast and on Newsy. Her two books are "How To Live A Life With No Excuses" and "Speak Like You Breathe."

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Jacqueline Pirtle

Jacqueline Pirtle is the bestselling author of inspiring self-help books—and a speaker, knowing of The Soul thought leader, mindful happiness expert, and holistic practitioner, with twenty-four years of experience helping thousands of clients discover their own happiness and how to live a conscious and mindful life. She is the owner of FreakyHealer and has shared her solid teachings through her bestselling books, her podcast The Daily Freak, sessions, workshops, and presentations with clients all over the world; she holds international degrees in holistic health and natural living; her effective healing work has been featured in print and online magazines, podcasts, radio shows, on TV, and i

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