



**Read My Lips – Cool Conversations with Creatives**  
**Monday at 2 PM Pacific 5 PM Eastern**  
**June 13th 2022: Read My Lips: Abundance of Creativity**

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akaRadioRed welcomes four dedicated Creatives. "Grandma Ness" is the artist and author of a children's picture book series, Adventures In Healing, featuring heroes Bernie Bugsly and Babs the Bot Queen. Her goal is for every U.S. hospital to receive her books at no charge. Dr. David Chotka is the director of Spirit-Equip Ministries and the author of the Amazon best-seller, Hey! Are You There? It's Me – God! Judy Balloff, the author of 365 Days of Abundance: How to Create a Life of Wealth, Happiness, Wisdom, and Inspiration, has been a nurse, aerobics instructor, banker, financial advisor, an

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**Featured Guests**



**Grandma Ness**

Grandma Ness is an artist by trade and uses this pen name for her new and exciting children's book series "Adventures In Healing" that features the Hero's Bernie Bugsly and Babs the Bot Queen. With the help of her grandchildren, these characters have come to life in the picture book available on Amazon now called Bernie and Babs vs the Virus. In this visualization, the virus is not only taken on and released to waste disposal, but reinforcements in the DNA take place. What can some magic hammers and hi-tech know-how do in your children's healing visualizations? Adventure awaits in this charming and useful book. With Bernie and Babs vs Allergies on the story board and Bernie and Babs vs BooBo

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**Dr. David Chotka**

Dr. David Chotka is the director of Spirit-Equip Ministries, an organization designed to teach ordinary people how to grow in their spiritual disciplines, one small step at a time. Ordained for more than 30 years, he has led conferences and seminars in 17 countries, and has authored 2 #1 Amazon Best-Sellers. The most recent title, (with a foreword by Jack Canfield) "Hey! Are You There? It's Me – God!" is a book on "how to pay attention when God is getting yours." Chotka has his doctoral degree in Communal Discernment from Gordon-Conwell Seminary, has been a lead pastor for 25+ years, plays the piano for fun, and let's his 14-pound dog take him for a walk from time to time.

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**Judy Balloff**

Judy Balloff has been a nurse, an aerobics instructor, a banker, a retail manager, financial advisor and finally where she belongs as an author, speaker and teacher. She loves history, travel, art, music and chocolate sundaes. She is happiest in a stack of books that excite her that are waiting to be read. Every single day is miraculous when creating! She is the author of "365 Days of Abundance" with a Foreword by Bob Proctor.

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**Karen Owoc, ACSM-CEP, ACSM-CET**

Karen Owoc, ACSM-CEP, ACSM-CET is a clinical exercise physiologist in cardiopulmonary rehabilitation at the Palo Alto VA Medical Center and works privately as a medical fitness trainer and plant-based nutrition consultant. She is also a guest speaker on lifestyle medicine and has been the weekly TV health expert on KRON 4 News in San Francisco since 2018, appearing in over 200 interviews. Certified by the American College of Sports Medicine, Karen focuses on the fascinating findings of human longevity and the centenarian lifestyle. Because of her love for sports and family history of early-onset heart disease and stroke, Karen focused on a career path where food and exercise are used to treat

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