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EMPOWERMENT



Uplift Your Life

NOURISHMENT OF THE SPIRIT



Uplift Your Life: Nourishment of the Spirit
Thursday at 8 AM Pacific
November 17th 2016: Drop the Struggle with
Roger Housden

Are you gloating over the election results or are you feeling regret, anger, resentment, guilt, blame or paralyzing fear, worry, sadness or depression? Or are you able to stay in the now and appreciate the gifts available to you in this very moment? When we lose the present by letting our thoughts worry about the future or replay the past, we become frozen in fear. Yes, you read that right. We allow our thoughts to take charge, but we can flip the dynamic and regain control. My guest encourages you to drop the struggle and love the life you have. If ever there were a time to take right action,

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Featured Guest



Roger Housden

Roger Housden is the author of, Dropping the Struggle: Seven Ways to Love the Life You Have and numerous other books including the best-selling Ten Poems series, which began in 2001 with Ten Poems to Change Your Life and ended with Ten Poems to Say Goodbye in 2012.

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