



### Empowering Women, Transforming Lives Thursday at 11 AM Pacific

**November 21st 2017: The Grandmother Legacies! - Part 1 of 4 in Special Series**

Join Rebecca Hall Gruyter (RHG TV Network), Catherine M Laub (Spiritual Destinations), Kerry Hargraves (Creative Intuitive), Trina Swerdlow (Transformational Thought Leader), and Kimi Avary (Conscious Couples Network) as they share a behind-the-scenes heart-to-heart conversation with the authors of the forthcoming book: The Grandmother Legacies (to be released on Amazon on December 5th). Hear powerful wisdom, tips, and ways that you can tap into your legacy story and SHINE!

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### Featured Guests



#### Trina Swerdlow

Trina Swerdlow, BFA, CCHT, is a Transformational Thought Leader who has spoken on stages throughout the San Francisco Bay Area. She is the author and illustrator of Stress Reduction Journal, Meditate and Journal Your Way to Better Health. Trina is an artist, meditation teacher, assertiveness trainer, and a Certified Clinical Hypnotherapist. She's had a private practice in Danville, California for 12 years. Trina's art, along with her grandmother's love, were the safe havens in her extremely challenging childhood. Her personal experience with trauma related stress has led her to compassionately help others. Trina loves offering her clients tools that nourish the mind, body, and

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#### Catherine M. Laub

Catherine M Laub, ACM, is Your Turquoise Angel Guide and Host of The Celestial Spoon Radio Show; she is a Psychic and Spiritual Guide, a 13 time Best-Selling Inspirational Author, and a Speaker regarding depression, anxiety, and health issues. Catherine helps people feel better with her positive outlook and describing overcoming her own deep depression. She is an advocate for mental illness through her campaign "Brighten Your Day with Turquoise." Turquoise, because it is a calming color and helps us think clearly. Her goal is to help others achieve their potential without all the obstacles that get in the way. She had many health challenges and wants to guide others to understand h

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#### Kerry Hargraves

Kerry Hargraves is a creative, intuitive, sparkly explorer. She walks, sometimes skips, along the playful path. The programs she teaches do more than just make women happier, they also change the world! By helping women to discover and embrace their bold, fun, brave, vibrant Bodacious Bad-ass Old Broad and unleash her on the world, the world becomes a brighter, happier place. Who isn't all in for that!? After a million jobs in about 50 years chances are Kerry has been there or done that. And she has the refrigerator magnet collection to prove it. Along the way, she learned the power of a playful spirit for changing lives, changing the world, and improving every aspect of life.

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#### Kimi Avary

Kimi Avary is an International Relationship Navigation Specialist. She works with men and women who are challenged creating great relationships personally and professionally. She's been helping her clients create amazing relationships since 2006. She has a Masters in Counseling, is an NLP Master practitioner and trainer, and a certified relationship coach. She has been featured in numerous books including Grandmother Legacies, featured at Barnes and Noble. Her upcoming book The New Paradigm in Partnership has been personally endorsed by Dr. John Gray of the Mars/Venus Series.

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