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December 18th 2018: The Power of Chocolate

The Power of Chocolate presents itself as a solution to life's problems! Kathryn talks about changing your luck in a busy world. She presents three ways you can CHANGE YOUR LUCK IN LIFE, starting today! I'll give you a hint; one them is looking after yourself. Each one of us has our own vices when dealing with stress, but there is no need to feel guilty. Our Guest this week, Rita Garnto, gives us permission to use chocolate for Self Care; a mindful tactic to keep a steady pace on the road to success! What does Chocolate, Self Care and Ancient Philosophy have in common? You won't believe

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Featured Guest



Rita Garnto

Rita Garnto is no stranger to extreme stress, being overwhelmed or dealing with anxiety. Based on her own health struggles and 36+ years of healthcare experience as a massage therapist, she challenged herself to make some serious changes!

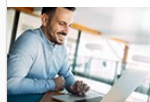
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