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Rise 'n Shine! Not Just for Mornings Anymore.

Tuesday at 12 Noon Pacific

June 22nd 2021: Recovering from Anxiety & Identity Crisis

Struggling with PTSD, anxiety, trauma and grief took today's guest on a journey of self-discovery, healing, and transformation. Thomas Wurm went from fulfilling family expectations, to wondering who he really is, to helping others reconnect with their heart and soul. In this episode, he shares what woke him up, how he changed his life, and the tools and techniques he's using to today to make a powerful difference in the lives of others.

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Featured Guest



Thomas Wurm

Thomas Wurm was a firefighter who was woken up one night by a voice that told him to write a book. The feedback on his first attempt was that it was incoherent, yet he persisted. Today, he is a publisher, author, podcaster, Master Practitioner in Mental-Emotional Release, and a Shamanic Healing Facilitator who uses writing as a form of healing for people from all walks of life. To learn more visit www.breakthroughwritersblock.com or www.mountainmindtricks.com.

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