



The Sky's the Limit Archives Available

The Sky's the Limit is a motivating, inspirational program which is based on my journey from medical professional to patient, highlighting people from all walks of life and various stages of overcoming adversity, their challenges and awakening to the rediscovery of themselves, a transformation. I engage with a number of successful life coaches, authors, athletes and everyday people who discuss their journey and process as well as exploring the concepts of Eastern and Western medicine. We are all learning life's lessons every day and living in the moment, no matter where we are in our journey.

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