



Shift Happens!

with Karin Weiri



 Insights Counseling Center, Inc.

Shift Happens! Archives Available

Who craves to know more, do more, BE more? How can we plow through the perceived or real obstacles that hold us back from shining our true inner light? The world needs you and your unique gifts. As human beings we are influenced by every sight, sound, touch, smell, experience, and taste. Some influences are subtle and others are traumatic. How do they all affect us?

How does gut health affect our mental health? How do you survive and even thrive after divorce? How can you take on dating as a personal growth journey? How do we build healthier and more engaging intimate relationships? H

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