

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) [SIGN-UP NOW!](#) Click to become a Member for Free!



Shift Happens!

with Karin Weiri
and Featured Guest Co-Hosts



 Insights Counseling
Center, Inc.

Shift Happens! Tuesday at 11 AM Pacific

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?

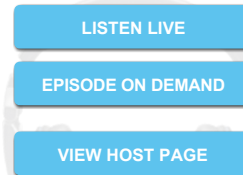
How does gut health affect our mental health? How do you survive and even thrive after divorce? How can you take on dating as a personal growth journey? How do we build healthier and more engaging intimate relationships? H

[Read more](#)



Tune in

Tuesday at 11 AM Pacific Time on
VoiceAmerica Health and Wellness
Channel



Questions? Comments?
Call In Live!

Toll Free: 1-866-472-5792
Int: 001-480-553-5759

Share This Episode



Connect with VoiceAmerica

Download our mobile apps

