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The Dr. Pat Show – Talk Radio to Thrive By! Archives Available

December 22nd 2011: Managing all the Crazyness of the Holidays with Guest Host Sue London and her guest Cindy Stradling

Everyone loves Christmas time with all the delights that accompany the season, right? No, this is not the case for everyone. The holidays can be a challenging time for some. It can be an emotional, frantic and anxious time of the year for many people. For practical, effective tips on how to manage all the Crazyness and enjoy the richness of the season, tune in to the show today.



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Featured Guests



Cindy Stradling

Cindy Stradling is an author, facilitator, keynote speaker, sales agent and coach. She has achieved her professional sales designation (CSP) through the Canadian Professional Sales Association and she is certified coach (CPC) graduated from Erickson College. Cindy owns and operates two businesses: Athena Training and Consulting and A Woman's Journey. At Athena, she is a coach and facilitator as well as acting as a sales agent to provide training and coaching solutions to organizations. At A Woman's Journey, she is a coach helping individuals achieve more of what they want in their lives. <http://www.awomansjourney.ca/>

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Sue London

Sue London helps people overcome difficult or traumatic situations in their lives. Through her radio show GET INSPIRED, coaching, writing and motivational speaking, Sue London offers caring support and optimism to people who are suffering. Over a ten year period Sue battled Crohns disease, abuse, near death, divorce and was given 30 minutes to live. When she became pregnant with her second child, Sue was told it was unlikely she could deliver the baby she was carrying. The disease had flared up and her health was in grave danger. Sue persevered and delivered a healthy baby girl. The disease went into remission, never to return. Now as an international radio host Sue inspires audiences

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