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**December 29th 2011: Live Courageously in 2012: What Can You Learn from Our Listeners' Lessons in Courage and Transformation?**

Change, as it's said, is difficult. But without it, we'd have no way to grow or to achieve our goals. Our listeners experienced a great deal of transformative change in 2011: newly spry Melissa Dalmacio won a fitness award and ran her first charity race after losing 100 pounds; Yvonne Quevedo has been named to a national honor society and is traveling to a prestigious conference in China, all because she enrolled in college ... 44 years after graduating from high school; and Dr. Debra Kimless-Garber has invented a way to make breast cancer survivors look and feel beautiful with a product that

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