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Wednesday at 4 PM Pacific

April 29th 2010: Only the Strong Survive, Yoga, Confessions of a Rebel Debutante

Nadine Frye shares her journey of pain, abuse, and stormy relationships to a realization that prayer and forgiveness provide strength with her book, Only the Strong Survive-True Grit. Nadine says she wasn't stressed out, she was stressed in. Find healing in the stories and life after sorrow. Yoga-the Indian discipline of balance, meditation, and exercise is a practice for body, mind, and spirit. Heather Brittany shares the benefits of yoga and how anyone can incorporate movements into their daily routine to create more peace and improved health. Sassy but not stinging, Confessions of a Debu

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