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HEALTH & WELLNESS



Inspired Journeys: Overcoming Adversity and Thriving
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August 27th 2013: "What Happens If.. Dealing Compassionately with Life's Challenges."

In this hour, my guest, Betsy Otter Thompson, will inspire and motivate you with her personal story of overcoming near homelessness and creating a hugely successful and meaningful life driven by spirituality, a sense of newfound purpose, personal responsibility and accountability. She will share the philosophy that she has written about in several of her books. You will learn how her mindset can allow you to work with and through many cognitive, emotional, and behavioral roadblocks. We will address how to compassionately handle issues including: making a mistake, being perfectionistic, never t

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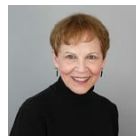
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Featured Guest



Betsy Thompson

Betsy has a B.F.A. from the University of Pennsylvania. She worked for several Philadelphia radio stations and appeared in television commercials in Philadelphia and New York.

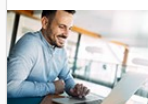
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