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Vital Lessons: Feeding Your Body, Mind and Soul

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December 04th 2013: Enjoy the Season and Slip into the New Year with Ease

During December, life can get a little crazy. Holiday parties, both professional and personal, cover the pages of your calendar. Perhaps you are busy baking or shopping for the perfect gifts for loved ones. Maybe you are finding family obligations a bit overwhelming. The holidays are meant to feel magical but maybe you are missing out on the joy as you strive to be the person everyone expects you to be. The holidays often bring up many emotions, from jubilation to feeling jilted. If you are stuffing your emotions down with the stocking stuffers, listen in with today's guest, Judy Keating. Judy

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Featured Guest

Guest Image

Judy Keating

Judy has spent close to half her life in personal growth work and has been active in group facilitation for the last sixteen years.

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