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Vital Lessons: Feeding Your Body, Mind and Soul

Archives Available

December 11th 2013: **Keep Going: From Grief to Growth**

Chances are, you have lost at some point in your life, whether it was a loved one, a job, a pet, some personal defeat, or perhaps your sense of self. There are times in life when we need a helping hand to keep going. Today, my friend and success coach Melissa Galt will be interviewing me on my personal journey and how I kept going after my worst nightmare became a reality and I lost the two people most important to me. We will be discussing my memoir; Keep Going: From Grief to Growth; a book about love, living in the present, uncovering joy in the moment, the strength of our soul and the power

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Featured Guest



Aimee DuFresne

Kicking off her thirtieth birthday with a surprise celebration in Iceland, Aimee DuFresne was oblivious to the fact that the year would soon be filled with tragedy and unimaginable heartbreak. In the next 12 months Aimee lost the two most significant men in her life: her ailing father and her young husband. In her deepest state of grief, Aimee realized she had a choice: she could simply give up or she could fight to keep going. She began letting go of fears to live her life to the fullest and realized her dream of being an author, a speaker, a radio show host and healthy living chef. After transforming her own life, she now empowers other women around the world to do the same.

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