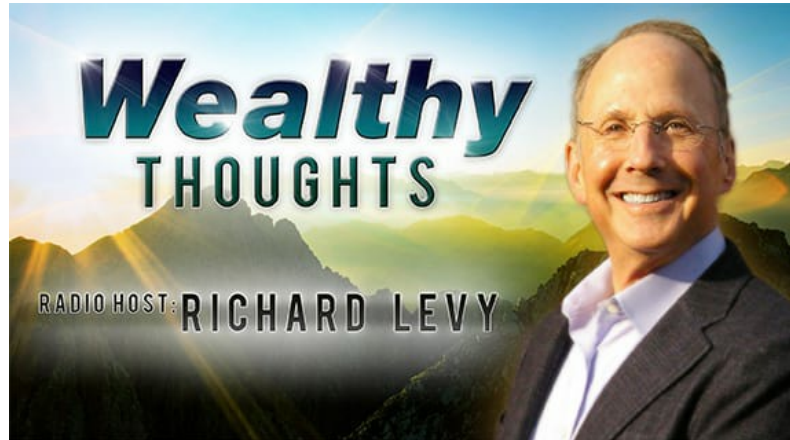


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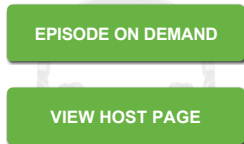
We all have obstacles in life, but Rustie MacDonald has learned that you have a choice. You can use them to grow and mature or let them keep you stuck or even drag you down. When you face your pains, sorrows and fears, life becomes an amazing journey. Rustie feels deeply blessed for going through this process and wants to share it with you to help you understand your life. Rustie's new book, "Having Tea With My Skeletons," is her true story of how: 1) She untangled herself from herself 2) She began to embrace her fears 3) She started to love herself 4) She eased up on her destructive

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Featured Guest

Guest Image

Rustie MacDonald

Rustie MacDonald is a single mother, Author, Life Coach, Motivational Speaker, Celiac, International Radio Talk Show Host and founder of MacDonald Marketing Concepts, LLC

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