

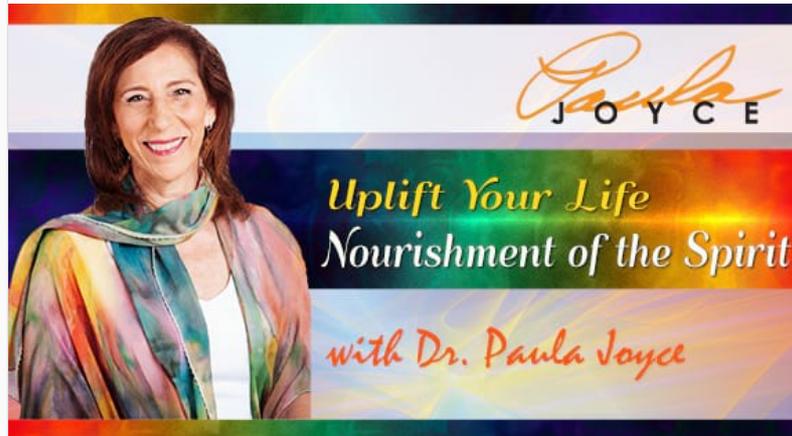
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EMPOWERMENT

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Uplift Your Life: Nourishment of the Spirit Thursday at 8 AM Pacific August 28th 2014: Self Empowerment is the Path to Healing

Self-empowerment is a challenge for almost all of us. We have so many voices telling us what we can and can't do and should and shouldn't be that it's hard to hear our own voice and to trust that it's truly ours. And that creates its own set of fears: will I be safe if I express my true self; will I be liked; will I make enough money; will I lose important relationships; will I be judged and criticized? Living a false life, putting on a happy face and pretending, often to ourselves, that all is well can lead to significant problems, including addictions, eating disorders, abuse, depression, an

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Featured Guest



Charlotte Kasl

Charlotte Kasl has had a private psychotherapy practice for over 30 years and is the author of nine books. In 1997, she received a Lifetime Achievement Award from the National Council on Sexual Addiction and Compulsivity, now known as SASH. In 2000, If the Buddha Dated was one of five finalists for the National Books for Better Living Awards. She was also listed in Self magazine as one of 50 sage psychologists in the U.S. Dr. Kasl's Many Roads, One Journey: Moving Beyond the 12 Steps, introduced a 16-step empowerment approach for overcoming addiction that focuses on finding one's voice, building confidence, taking action on one's behalf, and understanding addiction in a cultural context. It

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