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Exploring the Full Spectrum Life



WITH ANGELIC MEDIUM & SPIRITUAL CATALYST

MICHAEL LOTT

THE ANGELIC MEDIUM.com



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June 11th 2015: Build Your Willpower and Assertiveness Muscles

Do you ever find yourself saying yes to people and situations in your life when on the inside you really want to say no? On this episode, host Michael Lott along with special guest Angelique Medow explore how to build your willpower and assertiveness muscles. Angelique joins the show to share her unique life experiences and discoveries on growing our will power muscles. Having overcome her own addictions to unhealthy foods, workaholism and dis-empowering, abusive relationships with addicts, Angelique brings a wealth of experience to the table. If you struggle with doubt, fear, cravings for

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Featured Guest



Angelique Medow

Born and raised in a hard-working farm family, Angelique learned early that the very essence of everything she does begins with a choice to be willing or to resist.

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