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**August 05th 2015: Panel Discussion Breakthrough The Barriers To Live A Life of Bliss**

What to learn how others broke through their barriers to live a life of bliss? Create a diamond life using the four pillars; Health-Wellness, Personal Development, Life Skills and Leadership-Mentoring by implementing a simple 4 Step process. Host April J. Ford created the 4 Steps (Recognize, Respond, Re-evaluate, Rebalance) and invites a panel to discuss how they've utilized this powerful process for their breakthroughs. Mary will share her story of how she had a difficult time focusing and was overwhelmed with the grief of loosing her 7 yr old son. She grew by developing her own passi

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### Featured Guests



#### Mary Carrillo

Mary loss her 7 yr old son just less than a year before she was introduced to the 4-Step process. She had difficulty on focusing just on everyday life tasks. She was so overwhelmed and couldn't even concentrate at work. Being involved with a support network that was provided to her, it allowed her to take steps to mend her heart to heal from loss. Managing her expectations in the cycles of grief with compassion, equipped her on how to cope with the grief. Giving her comfort that it was healthy to grieve in a safe place rather than in isolation which grief can present. By participating in the program, she grew by developing her own passion to help others through their trauma and

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#### Nissa Salas

Being a former school teacher, Nissa has dealt with her own difficulties of generational patterns of abuse from her childhood, health challenges that nearly took her life that was featured in Oxygen Fitness Magazine. Nissa found the courage to leave her successful educational career to inspire others true fulfillment of life and the importance of health. She appreciated the process from the 4 Steps to REEVALUATE how we RESPOND to our life challenges. Nissa RECOGNIZES the importance of why women need to create boundaries, to ask for help and to not overcompensate our wellness. One of her favorites in the process is REBALANCING the relationship with ourselves. Knowing that it's no

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