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March 16th 2016: Overcoming Adversity With Energy Tapping

For all of us, life brings trials and tribulations, in other words adversity! My guest today, Dr. Caroline Sakai, shows us how to overcome adversity! She is an expert in using energy tapping to help us heal and actually become better! Crises and adversity can increase our strengths and resilience. We can transcend trauma, hurt, rage, anger, loss, grief and pain. Tapping into our own healing systems, we can optimize our health and live with gratitude. Join us and learn how apply this to your life!

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Featured Guest



Dr. Caroline Sakai

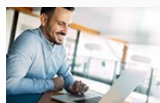
Caroline E. Sakai, PhD is a clinical psychologist, who was formerly chief psychologist at Kaiser Hawaii Behavioral Health Services. She's deployed on trauma relief missions to New Orleans and Rwanda. She is an authorized trainer in Thought Field Therapy.

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