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### The Sky's the Limit Archives Available

**May 18th 2016: Crazy Can Be Joyful: A Mom's Journey of Self Exporation**

My featured guest is Jennifer Williams Fields, mother of six and hurricane Katrina survivor. We talk about the moment she got the knock on the door to leave. she was determined to stay but in that moment she left with her children and a bag of laundry on her back. New Orleans the place she and her children called home gone devastated. They embarked on a journey leaving everything behind, facing issues such as depression, divorce, addiction, and suicide. More than enough for one person to handle it was her love for her children and writing that inspired her. "It isn't about how far you can stre

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### Featured Guest



#### Jennifer Williams-Fields

Jennifer Williams-Fields, is passionate about writing, yoga, traveling, public speaking and being a fabulous single momma to six super kids. Doing it all at one time, however, is her great struggle. She has been teaching yoga since 2005 and writing since she first picked up a crayon. Although her life is a sort of organized chaos, she loves every minute of the craziness and is grateful for all she's learned along the way. Jennifer was a featured speaker at the 2015 Inaugural Courage Makers Conference and is a regular guest speaker for local media outlets. Her first book "Creating A Joyful Life: The Lessons I Learned From Yoga and My Mom" is available on Amazon. She has also had her e

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