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Being Here
Wednesday at 9 AM Pacific
August 03rd 2016: It's Up to You

"I'm an optimist because I've found you have more opportunities that way." Matt Vetri Would you like to have a consistent "hum" of well-being running through your life rather than having circumstances determine how you feel? Join Ariel and Shya and special guest Menna van Praag as they bring to light how Being Here during life's challenges can do just that. Callers welcome at Tel# 1-866-472-5795!

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Featured Guest



Menna van Praag

Menna van Praag is an Oxford graduate, journalist, and chocolate aficionado. She lives in the UK with her gourmet husband, Artur, who runs a mobile vegetarian café and their son Oscar. Menna has worked as a reader for BBC Films & TV and as a script editor for a number of independent production companies. She self-published her novella, Men, Money & Chocolate, which nine months later sold to Hay House and today has been translated into 26 languages – so far. The sequel, Happier Than She's Ever Been, followed a year later. The House at the End of Hope Street was published by Penguin in 2013. Random House published The Dress Shop of Dreams (Jan, 2015) and published The Witches of Cambrid

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