

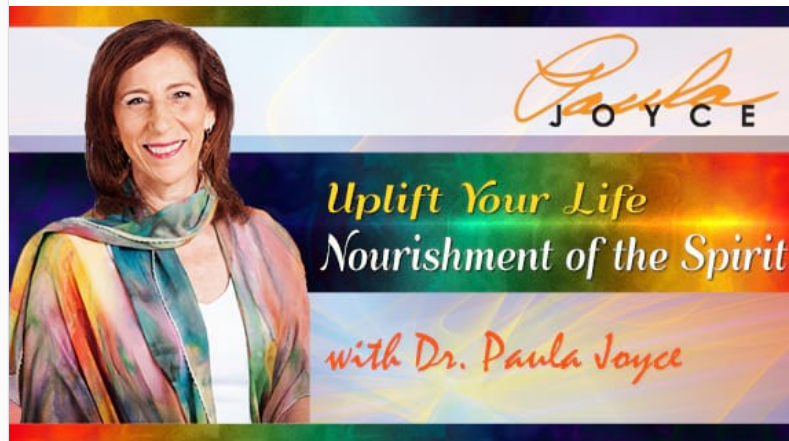
[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) [SIGN-UP NOW!](#) Click to become a Member for Free!



EMPOWERMENT

VOICEAMERICA



Uplift Your Life: Nourishment of the Spirit Thursday at 8 AM Pacific November 17th 2016: Drop the Struggle with Roger Housden

Are you gloating over the election results or are you feeling regret, anger, resentment, guilt, blame or paralyzing fear, worry, sadness or depression? Or are you able to stay in the now and appreciate the gifts available to you in this very moment? When we lose the present by letting our thoughts worry about the future or replay the past, we become frozen in fear. Yes, you read that right. We allow our thoughts to take charge, but we can flip the dynamic and regain control. My guest encourages you to drop the struggle and love the life you have. If ever there were a time to take right action,

[Read more](#)



Tune in

Thursday at 8 AM Pacific Time on
VoiceAmerica Empowerment
Channel

LISTEN LIVE

EPISODE ON DEMAND

VIEW HOST PAGE

Questions? Comments?
Call In Live!

Toll Free: 1-888-346-9141
Int: 001-480-553-5760

Featured Guest



Roger Housden

Roger Housden is the author of, Dropping the Struggle: Seven Ways to Love the Life You Have and numerous other books including the best-selling Ten Poems series, which began in 2001 with Ten Poems to Change Your Life and ended with Ten Poems to Say Goodbye in 2012. He offers writing workshops, both live and online, with an emphasis on self-discovery and exploration. His work has been featured many times in The Oprah Magazine, The New York Times, and the Los Angeles Times. Maria Sharapova, the tennis star, called his book Seven Sins for a Life Worth Living "one of the most inspirational books I have ever read." Please visit him at: www.RogerHousden.com

[Read more](#)

Share This Episode



Connect with VoiceAmerica

Download our mobile apps

