

Breaking Free from Life

Guest Opportunity: Jeanette Kildevaeld---Expert on resiliency, perseverance, life-coaching, confidence and spiritual healing, who is a #1 Amazon Best Selling Author of *"Your Are Worthier: A Guide to Improving Your Illness or Injury on the Road to Recovery."*

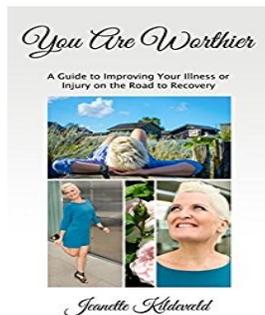
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The car doesn't start, your kids are screaming for your attention, there isn't enough money in the bank, your boss is hounding you and your work is piling up.

Being able to find inner peace is one of the greatest skills anyone can acquire. A tranquil mind helps us to appreciate the good times, weather the bad, and be present for every moment in between. But on some days... it's tough. When you find yourself in those situations it's more important than ever to find that calm center within so that you can come out stronger and better on the other side. What are the first steps?

- What are some of the ways to live a stress free life?
- How can you be resilient and successful at the same time?
- What kinds of obstacles stand in our way and keep us from feeling accomplished?
- When things do not go our way, how do we stay focused and happy?

Jeanette Kildevaeld uses her experiences to elaborate on the power of intuition and has she has used it in her everyday life.



Meet Jeanette Kildevaeld:

Jeanette Kildevaeld lives in the Danish Island Funen, also called "The Garden of Denmark" with her husband and two daughters. She enjoys writing columns, speeches and books to help others heal mentally and physically. She is a life coach and her spirituality allows her to connect with people and help them heal during sessions. When she isn't writing she likes to travel, run and to spend time with family and friends.

For more information visit....www.youareworthier.com/

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