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EMPOWERMENT



Authentic Living
Wednesday at 1 PM Pacific
October 23rd 2019: Encore: Healing the Wounds of Childhood

Today we are talking to Dr. Don St. John, author of the book "Healing the Wounds of Childhood," as this is one of the most important of all of the subjects we could discuss. Very often it is these wounds that keep us trapped, even as we are striving to get past them in some kind of way. How do we grow into our full potential while these wounds remain yet unhealed? How do we increase our ability to receive and absorb love, enjoy more life-giving love connections, deal more effectively with stress and improve our resilience and health all while expanding our sense of who we are? These ques

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