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EMPOWERMENT



**Your Authentic Life  
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December 24th 2014: Addressing the Holiday  
Blues**

Not everyone feels the magic of Christmas. The holiday season can be a time of stress, anxiety, and unrealistic expectations. There can be so much pressure at this time of year to be 'happy' and to create a picture postcard experience. While many enjoy the season, there are others who find it difficult and wish it would pass quickly.

Join Susan and her guest, Trista Thorp, a brilliantly certified Vedic Master Educator (by Deepak Chopra) and internationally-recognized leader in the field of meditation and emotional healing, Trista embraces a wide array of approaches to help people t

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#### Featured Guest



##### Trista Thorp

Trista Thorp has been sharing the gifts of meditation, emotional healing and holistic lifestyle practices with thousands of people around the world.

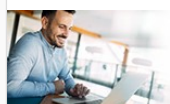
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