

Sharing Our Stories, Speaking Our Truth

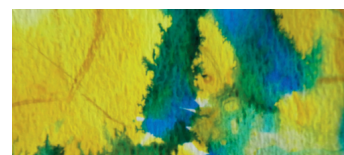
poetry and prose at Café Crêperie

Guest Author Bio Sheet

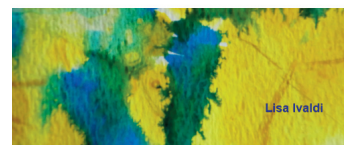
Lisa Ivaldi



Using personal stories and experts' theories to share ideas and perspectives, Lisa created the blog InsightClarityGrowth.com. This book is a compilation of over 10 years of those online blog posts.



insight
clarity
growth



**Sometimes looking at things
slightly differently
can make a huge difference.**

About the Author

Lisa is a seeker and writer who loves sharing information that will have a positive impact.

She published her first article in *Vitality* magazine in 2002 and started her personal growth blog, InsightClarityGrowth.com, in 2011.

Lisa lives in Guelph, Ontario with her husband and continues to blog at InsightClarityGrowth.com.



Guest Author at Café Crêperie on Thursday, February 26, 2026