



# Free To Fly

## Lisa Browning



“When you change the way you look at things,  
the things you look at change.”

~ Wayne Dyer

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In 2012, author Lisa Browning was admitted to hospital under Form 1, commonly known as suicide watch, after having left an emotionally abusive relationship that wounded her soul. *Free to Fly* is the story of how she redefined that experience, and the life experiences that led up to it, and saw them as gifts that led to a new life of purpose and joy.

Lisa is the founder and “Empowerment Facilitator” at One Thousand Trees, a company she started in 2010 which provides editing, publishing, mentoring, and ghostwriting services, and publishes mainly books/stories of empowerment and overcoming trauma and adversity, as well as mental health and self-care issues. Having experienced trauma and abuse, she firmly believes that telling your story and speaking your truth is the most effective and efficient path to empowerment. No matter what she does, Lisa is inspired to make a difference in this world, to empower others, and help them realize their passion, through storytelling and connection. She was honoured as a Community Champion at the Guelph Y’s Women of Distinction event in 2018.



Available at [www.onethousandtrees.com/shop](http://www.onethousandtrees.com/shop).