

## WHAT OTHERS HAVE SAID ...

“Through the process of writing my story I experienced a vulnerability I hadn't known existed. By having the courage to push through my barriers and dissolve the fear that held me in a state of never being enough. I found myself in a space where healing occurs, spiritual growth emerges and empowerment begins.”

**SC - San Diego, California**

“There was something really powerful and freeing about owning my story and letting it go. Through the process of writing I also accepted myself as good enough, and that in itself is a gift all its own.”

**LB - Richmond Hill, Ontario**

“This journey of digging deep and sinking in has been utterly transformative—allowing old wounds to see the light of day and finally heal.”

**AM - London, England**

“Only because of you, and gathering these stories of hope, are people realizing they can do it too! What an amazing gift you are allowing to be shared with those who need it so badly! You have set a spark in me that I'm ready to work on full steam ahead. Feet to the ground, and out there just to be an ear, to share my struggle with addiction, and to offer hope.”

**DS - Guelph, Ontario**

“I just want to say it was so awesome for me and Anna working with you on Anna's first publication. You are so knowledgeable and helped guide us through this process with such ease. The icing on top is your patience, encouraging words, kindness and your genuine interest in helping my daughter through this. It was a very heartwarming and breath of fresh air experience working with you. I'm so glad God led me to your website .... it was like it was a meant-to-be experience in the most wonderful way.”

**AB - Shannonville, Ontario**

“It feels like a step into responsibility and accountability for me as a man to share my story with others. I want men to know how powerful, freeing, and 'manly' it is to feel and express one's emotions through life's journey. The world is a safer, more authentic, and more sacred place when men are empowered to share all of their heart with the world.”

**RF - Brantford, Ontario**

I am beyond excited, a little overwhelmed and feel blown away (and very teary)!! Who knew I would ever be an author! Thank you for all your help, guidance and support - it truly has been a life-changing experience.

**RC - Sydney, Australia**

Being involved in the Angel Project has forever changed my son Noah's life. It has helped to raise his self-esteem and confidence, and given him an opportunity to feel proud of himself for what he has accomplished. Noah's grades have also steadily increased since the Angel Project. He also seems more outgoing and shows terrific leadership skills in initiating conversations and making new friends.

**MN - Guelph, Ontario**

## ON BECOMING EMPOWERED ...

Lisa,

On January 19, 2013, you read a post I had made on Cheryl Richardson's FB page and felt a connection. Rather than ignore it, you reached out to me, you made a connection. You said that my words resonated with you and in that instant, by that simple action, I felt empowered and my story validated. At that particular moment in my life, having my thoughts and feelings validated was water in an Oasis...a life jacket in a turbulent sea.

Your invitation to participate in "Sharing" turned my tide. It gave me something to concentrate on, something positive in a negative world. It gave me hope.

I had no confidence in myself, but you did. You allowed me a forum to live a lifelong dream. You nurtured me to take the first step, to become a more authentic and better me. Most importantly, you allowed me to be able to live the dream at my ability, there were no demands, no rules, no criticisms, no judgment. Just give me your best work, and be your most authentic self, just be you...that's enough.

In a world where everyone has an angle, a scheme, an agenda, you did not. You reached out, to another soul, who was hurting. You extended a hand, and in one simple act...threw out a life line to a drowning soul. The book...that was just gravy....something additional to an already human experience.

Why is this so important to me?

Because, a stranger reached out to me, helped me look at myself, and reflect it back to the world. It wasn't the easiest thing I have ever done, but it was by far one of the best things I have ever done. It made me stop and take inventory of what I wanted, and what I didn't. It gave me strength and confidence in myself.

How do I see it?...this work you do?

Your work is important, but it isn't work as much as it is a calling. It's a calling to bring together the power, the strength and the healing of others, so that they can be all that they can be. You yourself struggle deeply with your own demons and issues, but gain strength by and through the helping of others, and in that struggle you find yourself and your purpose. That's pretty darn inspiring and dam powerful.

You do good things. Those things change the world.

Yours are not the actions of loud tumbling waves, that crash and recede with each surge. They are the quiet actions of a single stone thrown into a pond, that creates a soft ripple effect. Each ring travels outward, reaching further and further forever taking with it the energy of the stone.

Thank you friend, I mean that.

Cathy  
(Tempe, Arizona)