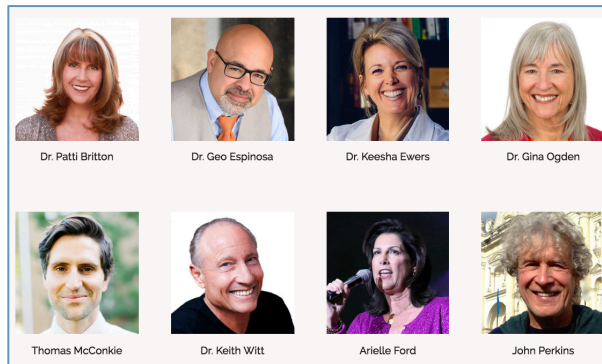


The Woman's Vitality Workbook! Day 5 — September 9

This is your master class on LIFE and VITALITY. Be sure to budget time (again and again) to listen to the information & use the worksheets to develop your action plan!



Dr. Patti Britton: Healing the Intimate Self

Dr. Patti is an AMAZING person and expert on issues of intimacy. Each year she conducts powerful live professional trainings, appears at consumer events, participates in national magazine/news interviews, speaks on major radio shows, and appears on-camera for television, documentaries, and instructional DVD programs for couples' sensual enhancement. Dr. Patti believes that women and men have a divine birthright to experience power through intimacy. And we are so lucky to have her on this Summit!

QUESTIONS from this interview?

ACTION STEPS from this interview:

Dr. Geo Espinosa: Caring for the Man in Your Life – It Starts with his Secret Health
The information you get from Dr. Geo Espinosa may literally change the course of the lives of your husband, father, brother, best friend, etc... Dr. Geo is a renowned naturopathic doctor recognized authority in integrative and functional urology, and this interview is ALL about men's "secret" health issues. Dr. Geo is the founder and director of the Integrative and Functional Urology Center at New York University Langone Medical Center (NYULMC) and lectures internationally on the application of integrative medicine for men's health. Dr. Geo has been recognized as one of the top 10 Health Makers for Men's Health by sharecare.com created by Dr. Mehmet Oz and WebMD.

QUESTIONS from this interview?

ACTION STEPS from this interview:

Dr. Keesha Ewers: Reversing Autoimmunity: The Key to Freedom is an Inside Job
YES! Finally! You get to hear me share on one of my most passionate topics! In case you need it, here's a little info you might not know: I am a board certified Functional and Ayurvedic medical practitioner. I developed the 4 Pillar Freedom Framework and founded the Academy for Integrative Medicine to train people who are passionate about empowering themselves and then empowering others to heal **themselves**. My Integrative Medicine Health Coach Certification Program is the only health coach program that trains coaches in Functional Medicine, Ayurveda, Positive Psychology, the Enneagram and laboratory testing, among other things.

QUESTIONS from this interview?

ACTION STEPS from this interview:

Dr. Gina Ogden: Integrating Spirituality and * – The Truly Empowered Woman**

Gina Ogden is recognized as one of the creative masters in the field of intimacy. An award-winning intimacy therapist, family therapist, researcher, and teacher, she is the author of ten books—and counting, and of the only nationwide survey to investigate intimacy and spirituality. She is founder of the 4-D Network for Body, Mind, Heart, and Spirit, an international collaboration of practitioners whose mission is to expand the practice of therapy and intimacy beyond performance goals and behavioral treatments. And she has appeared on Oprah! Do not miss this training!

QUESTIONS from this interview?

ACTION STEPS from this interview:

Thomas McConkie: Your Developmental Level and Ability to Love With Full Vitality

Thomas is an author, public speaker, and teacher. He currently serves as Faculty at Pacific Integral where he researches adult development and helps individuals and organizations grow through embodied practice. He has been practicing mindfulness and other meditative techniques for over 17 years and studying their effects on human potential. This was a GREAT interview, loaded with information and powerful insights.

QUESTIONS from this interview?

ACTION STEPS from this interview:

Dr. Keith Witt: Caring for your Relationship in a Busy Distracting World

Dr. Keith Witt is a licensed psychologist and marriage family therapist who has practiced psychotherapy for over 35 years. In the last decade Keith has been synthesizing and applying Integral psychology, David Deida’s teachings about the masculine and feminine, ascending and descending spiritual practices, developmental neurobiology, manifestation systems, and attachment research. This work has yielded classes, workshops, four books, and clinical training organized around the principle that therapists best serve by discerning and enhancing their natural healing styles. And now it has yielded this wonderful interview for YOU.

QUESTIONS from this interview?

ACTION STEPS from this interview:

Arielle Ford: Make Your Relationship the Love of a Lifetime

Arielle is also the author of seven books, including the popular Hot Chocolate For The Mystical Soul series and The Soulmate Secret: How To Manifest The Love of Your Life with the Law of Attraction. Arielle was one of the founding partners of the Spiritual Cinema Circle, a DVD club dedicated to movies about love and compassion. She lives in La Jolla, CA with her husband and soulmate Brian Hilliard. In her spare time she raises money for www.justlikemychild.org, reads historical thrillers, loves traveling to India and exotic locales and truly believes there is enough love in the world for everyone.

QUESTIONS from this interview?

ACTION STEPS from this interview:

John Perkins: Break the Limits of your Mind and Live Your Dreams. John has written 9 books that have been on the NY Times bestseller list for more than **70** weeks and translated into over thirty languages. Wow, right???. He has lectured at Harvard, Oxford, and more than 50 other universities around the world, and been featured on ABC, NBC, CNN, NPR, A&E, the History Channel, Time, The New York Times, The Washington Post, Cosmopolitan, Elle, Der Spiegel, and many other publications... And now our Summit!!!! **Definitely do not miss this interview.** It’s one of the best.

QUESTIONS from this interview?

ACTION STEPS from this interview:
