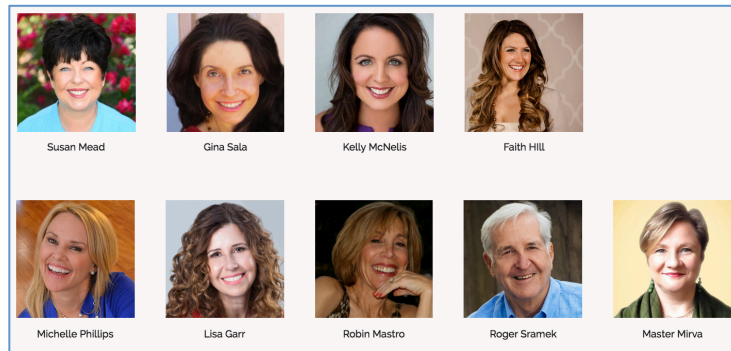


The Woman's Vitality Workbook! Day 7 — September 11

DAY Seven! You are here. Today is a day to remember and to hold sacred. It is a day to know that life is precious, and that every day is a gift to discover and to BE who we want to be. To be vital. To choose VITALITY.



Susan Mead: Rising from Loss to Be a Living Legacy

After Susan Mead lost her youngest son, Kyle, she came to realize that even when things get broken, discarded or replaced, people matter most. It was during this season in life that “Dance with Jesus” was written. Funny, relatable and engaging, Susan has audiences leaning in with anticipation. Her story is riveting, a refreshing tragedy to triumph story, one guaranteed to touch the heart of every listener. Today’s interviews begin with Susan because rising from loss to be a living legacy is a role ALL women face. This is an interview to use as your roadmap.

QUESTIONS from this interview?

ACTION STEPS from this interview:

Kelly McNelis: Healing Your Heart, Loving Your Life. Kelly is the founder of Women For One, an online community of women ready and willing to make life happen. She travels the world as a speaker, teacher, and facilitator of workshops, helping others tap into lives powered by truth. With over 20 years experience as a nonprofit and small business consultant, Kelly is excited to empower generations of women around the world to become Women For One Truthtellers, building relationships, community, and the support structure they need to achieve their wildest dreams. Because loving your one precious life is the most important discovery on the journey of Vitality!

QUESTIONS from this interview?

ACTION STEPS from this interview:

Faith Hill: Caring for Your Self: Body and Soul. Faith Hill is the visionary founder and show host for LifeWiseTV and the author of The LifeWise Menu Planning System. She is dedicated to helping people experience life and health like they never have before. For the past 5 years, Faith has been a personal and business coach for health care professionals. Understanding the importance of education and continual growth, in addition to her license, Faith is also certified in Nutrition Consulting, Cellular Healing and Detoxification, as well as Advanced Discipleship Counseling. This interview embodies SO much vitality. Call your best friends and invite them to listen with you at your kitchen table. Everything we do for others begins with being whole ourselves.

QUESTIONS from this interview?

ACTION STEPS from this interview:

Michelle Phillips: Creating Unstoppable Confidence by Redefining Beauty. Michelle is a leading authority in the beauty industry and one of the most influential makeup artists the entertainment industry. With over 25 years experience Michelle works with national TV networks, on movie sets, with top photographers, and magazines in the business including Swiss Vogue and Maxim Magazine. Michelle's best selling book "The Beauty Blueprint" has opened up opportunities for Michelle to share her message on tours with inspirational icons such as Wayne Dyer and Louise Hay giving women around the globe powerful tools of transformation; a transformation to not just look amazing but to BE amazing!

QUESTIONS from this interview?

ACTION STEPS from this interview:

Lisa Garr: Awareness as a path to Infinite Vitality. Lisa has dedicated her life to the awareness of herself and her surroundings. Based on a desire to live in a more conscious world, Lisa created The Aware Show, a talk radio program focusing on self development in all areas of life, for healing and achievement. This makes her a perfect fit for The Woman's Vitality Summit! Lisa is also the host of the most popular Aware Teleseminars, which present the thought leaders of our world. For the past 10 years, she has hosted a radio program featuring best-selling authors and experts in natural health and personal growth. She is considered an expert in the field of lifestyle and transformational programming.

QUESTIONS from this interview?

ACTION STEPS from this interview:

Robin Mastro: Creating Sacred Space in Your Home for Increased Vitality. Robin is an award-winning author, practitioner, speaker, and teacher of Vedic knowledge specializing in Vastu Shastra, the science of environmental harmony. Her unique take on Vastu took her to Egypt, India and Bali to experience and learn how ancient cultures create sacred space. She developed a powerful model of Vastu using the most potent aspects of the science that work much like a homing device to attract the positive forces of Nature to manifest your heart's desires and to infuse your home and workspace with the energy of attraction.

QUESTIONS from this interview?

ACTION STEPS from this interview:

Master Mirva: Reconnection with One's Soul as the Greatest Guide & Deepest Healer Master Mirva is an exceptional teacher, soul healer and soul communicator. As a Divine Channel and Worldwide Representative of Dr. and Master Zhi Gang Sha, she has been empowered to offer many divine services to assist others on their spiritual and healing journey. Master Mirva helps others to understand their life challenges and empowers them to heal every aspect of their lives, including: physical conditions, emotional and mental issues, spiritual matters and relationship challenges. Master Mirva uses Soul Power techniques to offer life guidance for career choices and challenges at work. Master Mirva dedicates her life to assisting others in awakening the power of their soul.

QUESTIONS from this interview?

ACTION STEPS from this interview:

Gina Sala: Opening Your Heart and Finding Your Voice: Gina is a vocalist, composer, teacher and kirtan leader with a repertoire spanning 23 languages. She has been chanting since her early childhood ashram years, and has deepened her practices in extended time living in the Himalayas, a Buddhist monastery and in India with her teachers in sanskrit, mantra, sound tantra and classical Indian singing (nada yoga). For over twenty years, Gina has been facilitating workshops and private sessions to help people experience the pleasure and power in their voices for wholeness, joy, and awakening. She is also a life-long dream interpreter. With warmth, humor and devotion, she leads, chants retreats and workshops internationally. You do NOT want to miss this interview!

QUESTIONS from this interview?

ACTION STEPS from this interview:

Roger Sramek: Reclaim Your Vitality with a Good Night's Sleep
Another one of our event sponsors! Thank you!

Roger Sramek is an inventor, businessman, best-selling author and renowned expert in the biomechanics of sleep. In 2015 he co-founded LEVELSleep, where he currently leads product development with the goal of improving the lives of people all over the world through more productive sleep and less pain. His girlfriend, an incessant snorer, inspired Mr. Sramek's first invention in 1997: a foam pillow designed for quieter sleep. His first prototype was created using an electric carving knife, and the results surpassed his expectations; the pillow reduced her snoring and reduced facial wrinkles due to the positioning of her head and face. He took his invention to The Stanford Center for Human Sleep Research and conducted three clinical, peer-reviewed studies that were published in 1998. The results were dramatic, demonstrating that the pillow reduced snoring by 78 percent and improved sleep apnea. This early success and interest from the scientific community validated Mr. Sramek's theory that there was a white space in the market for better sleep systems and sent him on a 12-year journey to reinvent the way people think about and value sleep.

Shortly after the success of the pillow creation, Mr. Sramek had lunch with "the father of sleep medicine," Dr. Dement of Stanford University, who challenged him to invent a mattress. Over the next several years, and with the help of others, Mr. Sramek turned his attention to creating a mattress that could help people sleep better and experience less pain. The result was a mattress that features three different firmness zones corresponding with the shoulders, torso and hips. This patented technology was aptly named TriSupport and has since been clinically tested and proven to improve sleep satisfaction and reduce tossing, turning, stiffness, and pain.

In 2014, Mr. Sramek published a #1 best-selling book, *Your Sleep: Wake Up Refreshed*, and met JJ Abodeely, a successful portfolio manager who was seeking a better sleep solution for himself and his wife. After a period of talking, dreaming, and later securing financing, LEVELsleep was born. Now Mr. Sramek's pillow is being used by tens of thousands of satisfied customers and the LEVELsleep mattress is the mattress of choice for professional athletes, top doctors in sleep medicine, and anyone looking to live a healthier life and achieve uninterrupted, deeply restorative and less painful sleep. Mr. Sramek continues to work on his inventions and to refine LEVELsleep products to stay at the forefront of sleep science. He is the holder of eight issued patents and six pending patents across a variety of industries.

QUESTIONS from this interview?

ACTION STEPS from this interview:
