

WOMEN 2 WOMEN MICHIGAN MAGAZINE

# W2W

**Spring Cleaning  
For Your Finances**  
*Kristin Prieur*

**The Power  
of Fasting**  
*Stacey Kimbrell*

**The Emotional Cost of  
Marketing & Technology**  
*Audrey Jones*

Complimentary • Spring 2023 • \$4.95



**Colleen Kilpatrick**  
**Eliminate What You Tolerate**





“THIN-LINE” & HEAVY GLASS “EURO” ENCLOSURES  
**FREE** IN-HOME DESIGN CONSULTATION & **FREE** ESTIMATES  
 THE MOST POPULAR METAL FINISHES & GLASS TYPES

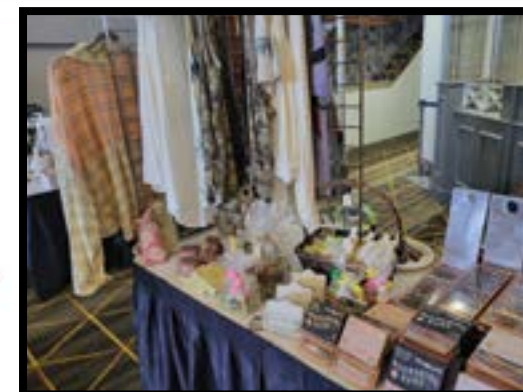
*We do all of our own installations and we back our workmanship with a one year warranty.*



Flint Glass Service • 4520 Linden Creek Pkwy. Ste. E • Flint, MI 48507  
 810.234.4641 • FlintGlassService.com  
 Mon - Fri 8 - 5 • Sat by appointment

# Girlfriend Gatherings

Speaker Series



Our April 13th event went off without a hitch as we finally got to gather with our girlfriends. We kicked off our shoes with drinks, friends and a fabulous panel of empowered women!

**Please join us May 11 at our next event!**  
**More info on the back cover of this issue.**

Thanks to our sponsors:







Debra K. Collins  
Publisher



Mimi Matthews  
Editor



Lesley Howe  
Executive Assistance/  
Marketing



Jennifer Gardner  
Creative Director

spring theme

Celebration of Women

Happy spring, everyone! Can't you just feel the excitement in the air with warmer weather, flowers blooming, and everyone coming out of their "caves"? Connecting, checking in on those we haven't seen in a while, getting together again—all are things that warmer weather brings.

And our Girlfriend Gatherings Speaker Series provides you with a chance to do all of that. Our first one was April 13 which featured a panel of six of our magazine's writers/experts answering questions. Many of the attendees commented on how great it was to hear about the panelists' lives, struggles, empowerment tools, and how they've chosen to change their lives. It really was quite wonderful!

Amid the balloons, sparkle, pink glass slippers, and W2W personalized cookies, new friendships were forged. And that is what these gatherings are all about—a place to connect with other women who value support, learning, and empowering women. Check out the back cover for our future dates and put them on your calendar now. Our cover girl Colleen will be the speaker for May 11th. After reading her article I'm sure you will want to be there to hear more of her story and wisdom.

W2W has two new writers and I know you will appreciate their informative articles. Audrey Jones, a physician's assistant specializing in dermatology, wrote *The Emotional Cost of Marketing and Technology* on page 13. Kristin Prieur wrote about something we all need to do, *Spring Cleaning Our Finances*, on page 24. Welcome Audrey and Kristin! And thank you for joining us.

You will find many articles on the following pages that will motivate you to take a deep look inward and perhaps develop some new habits, or even "tools" to use, that will help you to grow into the best YOU possible. It is spring, after all. Shall we all grow together?

Hope to see you soon!

Mimi & Deb

contributors

Contributing Writers

Deborah St. Hilaire • Suzanne Young • Tarnesa Martin • Mimi Matthews • Debra Loader  
Joy Dettling • Stacy Kimbrell • Bill Haney • Audrey Moxie • Stacey Kimbrell • Kristin Prieur

WOMEN 2 WOMEN MICHIGAN MAGAZINE



Women Inspiring Women for Good!

Our Mission:

Women2Women Michigan was created to connect women with women for good to encourage, support, have fun, do business and provide links for women's resources.

DO YOU KNOW A MICHIGAN WOMAN WE SHOULD FEATURE?

Submit your stories online at [w2wmichigan.com](http://w2wmichigan.com). Article guidelines are under the magazine tab.

WHY ADVERTISE WITH US?

Women make the majority of purchasing decisions. They buy goods and services for their homes, gardens, businesses, entertainment, health and nutrition, the list is endless. They want to be informed and connected in their communities. Event-driven marketing makes education fun and rewarding. You can reach these women in a heartwarming environment at Women2Women Michigan events and through our magazine.

READERSHIP & DISTRIBUTION

Women2Women Michigan magazine is distributed to subscribers via US mail. It is also available at every Women2Women Michigan event, chamber events, and women's organizations. It is professionally delivered to various locations throughout the area including restaurants, hospitals, retail locations and medical offices in southeastern Michigan. Interested in hosting a distribution location? Email us at [office@w2wmichigan.com](mailto:office@w2wmichigan.com).

Would you like to subscribe? Subscribe online or email us at [office@W2Wmichigan.com](mailto:office@W2Wmichigan.com).

Women2Women Michigan magazine is published bimonthly. All rights reserved. No part of this publication may be reproduced whole or in part without the express written consent of the publisher.

[Office@w2wmichigan.com](mailto:Office@w2wmichigan.com) • [w2wmichigan.com](http://w2wmichigan.com).

*\*The advertisements and articles included in this publication are independently developed by our customers and writers to inform others about their business, expertise and related activities. Women2Women Michigan is not aware of, and makes no representation as to, the truth or accuracy of such information and, therefore, makes no warranties of any kind, express or implied, with respect to the same. Accordingly, the respective advertisers and writers are solely responsible for the accuracy and contents of their own advertisements and for all claims, losses, costs, expenses or damages whatsoever, directly or indirectly, that may emanate there from.*

contents

covergirl

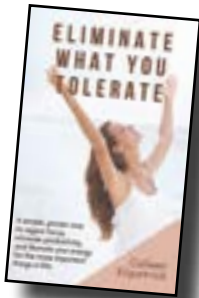
06 Colleen Kilpatrick  
Eliminate What You Tolerate  
photo credit: Jennifer Thrift Photography, Milford, MI

features

- 04 Note from Our Publisher & Editor
- 10 Healthy Eating, Healthy Lifestyle, Healthy Mindset: Debra Loader
- 14 Sparkle & Shine Mimi Matthews
- 16 ...& A Few Good Men Bill Haney
- 18 Law of Attraction Suzanne Young
- 20 Natural Living Stacey Kimbrell
- 22 For the Love of Caregivers Mimi Matthews
- 23 Body Mind Spirit Deborah St. Hilaire
- 29 Book Club Classics
- 30 Shades of Health Tarnesa Martin

specials

- 11 Brunch Season Is Here
- 13 The Emotional Cost of Marketing & Technology: Audrey Jones
- 17 A Twist on Traditional Burgers
- 24 Spring Cleaning for Your Finances Kristin Prieur
- 26 Finding Your YIN Joy Dettling





# Colleen Kilpatrick

## ELIMINATE WHAT YOU TOLERATE

### I LIKE TO IMPROVE AND TRANSFORM THINGS.

My former business as a marketing consultant was all about innovating things like logistics, work flow, strategy, marketing, and customer service for small business owners. In my leisure time that looks like repurposing furniture, remodeling, rescuing and socializing feral cats, or turning a patch of dirt into a garden. I love bringing beauty and order to life.

At heart, I'm an earth-girl. Since I was a young, I have sought refuge and peace in the woods, connected to the earth. My love of the outdoors has led to the study of wilderness survival, natural navigation (no GPS), and the use of wild and medicinal plants. More recently, it's led to the creation of an herbal apothecary cabinet filled with all sorts of herbs, roots and flowers that I turn into morning tea and herbal remedies. I love the gifts that nature bestows.

I am the owner and host of a charming furnished rental home in Milford, Michigan called the Red Maple Retreat. I created it to be a sanctuary of peace for my guests. It has been a ministry, of sorts, for the past 6 years.

When I'm not working, my favorite volunteer gig is lighthouse keeper at two different lighthouses on Lake Michigan. For me, there is nothing so awe-inspiring as viewing the weather and the world from that elevated perch and there is nothing so gratifying as supporting people who choose to face their fear of heights from the top of a lighthouse just so they can experience that awe-inspiring view from the catwalk. I love the opportunity to be with others as they practice living courageously.

My Mom was a deeply spiritual person who was gifted at seeing the good in the world and in everyone she met. A devote Catholic, she also had hippie leanings in that she questioned authority, cooked our meals from scratch, made homemade bread and granola and taught yoga for more than 20 years starting in the mid-1970s. Every conversation she had and every class she taught was imbued with her positive view on life. She was also an avid reader and a lover of words. Her personal library was filled with books about inspiration, personal development, spirituality, nutrition, earth science and

natural healing. In honor of my Mom and her love of reading, I have planted eight Little Free Libraries in Metro Detroit, one of which is in my front yard. I've always loved books and now I get to write my own which thrills me to no end!

When I was just 12 years old, my mom shared with me some wisdom that I am immensely grateful for to this day. She said reading spiritual texts and inspirational literature - as well as watching uplifting movies and attending personal development seminars - is like making deposits into a Spiritual Bank Account that you can later withdraw for inspiration, strength, comfort and courage throughout your life. But, unlike a normal bank account, a withdrawal from your Spiritual Bank Account does not reduce your balance. The wisdom you deposit there will always be there for you and for anyone you encounter who may need it.

Although I didn't fully understand the value of this wisdom at 12 years of age, I began acting on it by reading the books from her library she recommended to me, starting with "Psycho-Cybernetics" by Dr. Maxwell Maltz. That book ignited in me a lifelong interest in personal development and made a significant deposit in my own Spiritual Bank Account that Mom's wisdom had started.

Shortly after I read that first book, I recall a conversation we had while sitting outside discussing an issue I was ruminating about in my 12 year-old brain. She said, "Colleen, see those birds flying above us? Remember this, you can't control which birds fly over your head, but you can control which ones make a nest in your hair. The same is true for your thoughts. You can't always control the thoughts that come into your mind, but you can control which ones you allow to stay." That bit of wisdom, as well as the accompanying image she shared, had a powerful impact on me then and still does today.



Making deposits into my Spiritual Bank Account has been a lifelong habit. For the past several years I have maintained a note on my phone simply titled, "Wisdom". In it I place quotes, scripture, poetry and innovative personal development concepts that I find of value. And just as my Mom promised, I have made significant withdrawals from that account too - often on ordinary days, always in the midst of challenges, but never more so than during the short span of time in which I lost my mom, my dad and my husband, followed by my own health crisis.

During that time of deep grieving and sadness, I became ill. I ended up having emergency surgery and was hospitalized for a week. My Accountability Partner, Wendi, who I spoke with most every day, knew something was amiss when I didn't answer or respond to her calls. Before being hospitalized, we had just begun planning a trip to an annual conference we usually attended together.

I returned from the hospital feeling physically and emotionally weak and extremely vulnerable. Several days after my return, Wendi asked me, "So, are you still planning on going to the conference?" I was incredulous that she thought my attendance was even a possibility. "Wendi, I just had open-heart surgery! I'm as weak as a kitten. There's no way I'm attending that conference!" To which she responded, "Well, you said you wanted to be on the fast track to healing." I was indignant and thought she had no understanding of what it's like to go through heart surgery after being on a ventilator for three days, seven weeks after my husband had passed away. While I was stewing about her perceived insensitivity, a question crept into my



photo credit:  
Jennifer Thrift Photography, Milford, MI



awareness - a withdrawal from my Spiritual Bank Account. I could almost hear Tony Robbins' booming voice say to me, "Ask better questions and you'll get better results."

Two questions followed, "What if Wendi is right?" and "What would I be doing differently if I truly believed I was on the fast-track to healing and my attendance at that event a certainty?"

In that moment, I realized that if I didn't believe attending the conference was a possibility for me, I would act accordingly and my recovery would be slow. But if I saw myself as physically and emotionally strong enough to attend, I would take different actions that would ensure that result.

With that new awareness, I booked a flight (with insurance) and acted as if my complete recovery was certain.

**"She said reading spiritual texts and inspirational literature - as well as watching uplifting movies and attending personal development seminars - is like making deposits into a Spiritual Bank Account that you can later withdraw for inspiration, strength, comfort and courage throughout your life. But, unlike a normal bank account, a withdrawal from your Spiritual Bank Account does not reduce your balance. The wisdom you deposit there will always be there for you and for anyone you encounter who may need it."**

I was still tired, weak and in pain. Whenever I realized I was doubting my full and complete recovery, I repeated a mantra I had learned from one of my favorite motivational speakers, Les Brown. He had said it to himself during his own health crisis. It was simply and powerfully, "Suddenly, I am healed!" Those words served to immediately refocus my mind and my efforts.

And seven weeks later I was in Salt Lake City with Wendi.

When I returned home from that conference, I was emboldened and ready to consider the next chapter of my life. My vision for my future was not at all clear. In order to gain clarity, I asked myself 4 questions that I had learned from speaker, Brian Tracey.

**What do you want more of?**  
**What do you want less of?**

**What do you want to stop doing?**  
**What do you want to start doing?**

The answers to those questions came to me in fits and starts but with those answers I began creating a new life, one baby step at a time.

Two years after my surgery, with a new vacation rental business up and running and my health continuing to improve, I decided to tap into an exercise I had learned twenty years prior while training to become a coach. It was just one of the many tools for transformation I had learned from Coach University founder, Thomas Leonard, but it was the technique I had returned to in various chapters of my life to gain clarity and bring about change quickly. I had also shared it with coaching clients and attendees of my seminars who found it very effective for their own personal transformations.

I retrieved the class worksheet from my seminar files. It was titled: "What Are You Tolerating?" Under the headline, at the top of the worksheet, was a short explanation:

"We humans have learned to tolerate so many things. We put up with, accept, and are dragged down by people's behavior, situations, broken or missing belongings, unmet needs, unfinished business, crossed boundaries, annoyances, problems and even our own behavior. You are tolerating more than you think. Take a couple of minutes to write down everything you sense you are tolerating."

Even though I had made significant changes in my life in the two years prior, I was still putting up with a significant number of things from my past that I didn't want to take into my future. So, I did what I've done in many a December to prepare for a new year: I made a list of everything I was tolerating in my life. This

simple process of listing what we've been putting up with has a way of giving us laser-like focus. Once we become aware of the many things we're putting up with in life, we can get clear about what we need to do to get rid of them and take our life to the next level.

I soon discovered two key areas of significant tolerations: my home and my office. While I was acting as caregiver for my parents and later my husband and then recovering from surgery, I had given little attention to my home, doing just the basics to keep it operational. In creating a new Toleration List, I was able to identify all the things I had been putting up with in and around my home: light switches that no longer worked, the lack of a good reading chair, an outdated and inefficient kitchen and overgrown gardens to name just a few.

In my office, I discovered outdated electronics, informational clutter, and a file cabinet filled with notes and handouts from the classes I hadn't taught in years. In seeing those files I thought to myself, "Either I get rid of all of it or I do something with it." Shortly after, I was asked to give a presentation to an online group. I chose to share the concept of Toleration Elimination - the very technique I was in the process of using to improve my own life. After delivering that presentation and seeing the results my colleagues had experienced in applying it, I decided to turn it into my first book, "Eliminate What You Tolerate: A simple proven way to regain focus, increase productivity and liberate your energy for the more important things in life."

I am forever grateful to my mom for instilling in me a love of inspirational literature and the habit of making deposits into a Spiritual Bank Account. Her wisdom continues to impact all facets of my life. After she passed, I inherited many of her books. I love seeing her handwriting in the margins and discovering the passages she highlighted. A couple years ago, while reading one of her cherished books, I came upon the metaphor she had shared with me long ago about birds being like thoughts. It was underscored. I imagined her finding it, recognizing the value it could have for me and putting it safely in her Spiritual Bank Account to be withdrawn when the time was right. The wisdom she shared is the legacy she left and so it is with each of us.



*As the creator of Business Brainstorming Sessions, Toleration Elimination Virtual Parties and numerous business and personal development programs, Colleen is known for her ability to turn complex concepts into simple, step-by-step solutions that can be understood and implemented with ease.*

[tinyurl.com/EliminateWhatYouTolerateBook](https://tinyurl.com/EliminateWhatYouTolerateBook)  
[www.facebook.com/colleen.t.kilpatrick](https://www.facebook.com/colleen.t.kilpatrick)  
[www.instagram.com/colleenkilpatrick](https://www.instagram.com/colleenkilpatrick)  
[www.facebook.com/redmapleretreat](https://www.facebook.com/redmapleretreat)  
[bit.ly/redmapleretreat](https://bit.ly/redmapleretreat)  
[www.instagram.com/redmapleretreat](https://www.instagram.com/redmapleretreat)



# I See You

## I WANTED TO RUN, I WANTED TO HIDE, I WANTED TO ESCAPE TO THE BATHROOM.

Anything but do what they were asking – look deeply into another woman’s eyes saying, “I see you”, and then they would say, “I am here”. We would then reverse the process with the same woman.

How do you do that and not cry?

It felt too vulnerable....

But I didn’t run away – I decided for once to stand in my power – to stand in my vulnerability and not run.

“I see you.....”

As I make my way around the room, letting tears flow, and sharing hugs with other women with tear stained faces, I am thinking “Who comes up with these ideas?” And by ideas, I was considering it more as torture (well that may be a bit dramatic).

There is nothing new under the sun! This experience was not something created by the few women who put the retreat together, it has been done in South Africa for years as a way of greeting people that recognizes the essence of the moment.

Dr. Tererai Trent wrote all about it in her book “The Awakened Woman”. “Our greetings express the power of our collectiveness, acknowledging and giving space to each other’s joy, pain, and dignity.”

When you stopped for a moment and looked into the eyes of another woman, held that space, and then acknowledged them with “I see you” and they responded “I am here”, it is an incredibly powerful declaration.

Dr. Trent goes on to say in her book, “The most powerful part of the “I see you/I’m here” invocation is the eye contact between the two speakers. Facing each other, eyes looking deeply into the other’s eyes, there is a moment of silence before the greeting. A deep connection and a sense of oneness

are established without any words. Eye contact provides a great mirror into the other. Looking into each other’s eyes, they see the reflection of themselves, their joy, pain, and their dreams, and recognize their oneness.”

I did not run and hide, I challenged myself to show up in the moment and held space – both for myself and for the other women. I challenged myself and I celebrated myself.

In this issue, we are celebrating women. Why not start with celebrating yourself? You are unique, powerful, full of potential and possibilities, creative, inspiring, brave, and strong. I celebrate you!



*Debra Loader is a National Board Certified Health and Wellness Coach and she works with women who are exhausted from doing it all. She can be reached for private or group coaching at [debra@debraloaderlivingwell.com](mailto:debra@debraloaderlivingwell.com) or 810.287.4096.*

Gathering friends and family doesn’t need to be fancy. With its prime positioning between breakfast and lunch, brunch is a more casual and lighter alternative to the typical dinner party.

When charged with hosting a mid-day gathering, a little pre-planning can go a long way toward ensuring your brunch get-together is as simple as it is scrumptious.

**Get creative with decor.** When prepping your tablespace, think outside the box. Opt for unexpected serving dishes such as tartlet tins and vases, and transfer syrups and jams from their everyday containers to glass bowls or creamers. Fresh flowers and produce can add natural pops of color to the table and a bowl of fruit can make for an eye-catching centerpiece.

**Plan a variety of dishes.** Make sure you have a mix of both sweet and savory dishes on the menu that can please a wide variety of palates. Earmarking some recipes that can be made ahead, like pastries and casseroles, can be a simple way to avoid waking up extra early to prepare. Save the morning of your event for dishes that are best served fresh, like this Herbed Spanish Omelet, which features potatoes; fresh, spring herbs; and red onions, and packs protein, B-vitamins and cancer-protective phytochemicals.

**Serve it buffet-style.** Setting your spread out on the counter and allowing guests to help themselves not only makes it easier for the host to mingle, but it allows guests to customize their meals as they wish and gives the gathering a more casual vibe. Try themed stations, such as a coffee or mimosa bar, parfait bar or bread bar, in addition to more traditional dishes to let guests take the customization to the next level.

### Herbed Spanish Omelet

Reprinted with permission from the American Institute for Cancer Research  
Servings: 4

- 1 pound potatoes, peeled and diced or shredded
- water
- 2 tablespoons extra-virgin olive oil
- 1/2 cup diced red onion
- 2 cloves garlic, minced
- 4 large whole eggs, lightly beaten
- 2 egg whites, lightly beaten
- 2 tablespoons finely chopped fresh parsley
- 2 tablespoons finely chopped fresh basil
- 2 tablespoons finely chopped fresh chives
- salt, to taste (optional)
- fresh herb sprigs, for garnish (optional)

# Brunch Season is Here!



Place potatoes in large pan. Cover with water. Bring to boil and cook, uncovered, 3 minutes. Remove from heat. Cover and let stand about 10 minutes, or until potatoes are tender. Drain well.

In deep, 10-inch nonstick skillet over medium heat, heat oil. Add onion and garlic. Cook about 8 minutes, stirring occasionally. Add potatoes and cook 5 minutes.

Combine whole eggs and egg whites. Stir in parsley, basil and chives. Season with salt, to taste, if desired. Pour mixture over potatoes in hot skillet. Reduce heat and cook, uncovered, about 10 minutes, or until bottom of omelet is golden.

If desired, brown top under toaster oven. Garnish with fresh herb sprigs, if desired.

Nutritional information per serving: 260 calories; 12 g total fat (2 g saturated fat); 28 g carbohydrates; 11 g protein; 2 g dietary fiber; 106 mg sodium.

For more brunch ideas and recipes, visit [Culinary.net](http://Culinary.net). Photo courtesy of Getty Images.



*We do!*

## Rehearsal Dinner, Wedding, Reception *All in One Place*

Imagine your guests walking from their hotel room directly to your celebration without having to leave the building.

The beautiful Gateway Hotel & Convention Center offers this convenience and more for your nuptials; including a bar/lounge and catering.

Schedule your tour today and let us create a unique package just for you.

Gateway Hotel & Convention Center  
5353 Gateway Center, Flint, MI 48507  
810-232-5300

[Gregory.Ahejew@HHCHospitality.com](mailto:Gregory.Ahejew@HHCHospitality.com)

# The Emotional Cost of Marketing & Technology

MY TWO CENTS

BY AUDREY JONES

The LightRoom Magic Wand, like Photoshop and other photo alteration tools and filters, helps by automatically selecting objects or areas of your image, using machine learning to discern what you might be trying to ultimately “correct”. If you click on a person's face, in just seconds it will automatically tone, smooth, tighten, lighten, brighten, highlight, fade, and help remove or blur away defects. I have an example of an image my husband took of me while up north, in the morning, without make-up, 6 weeks of gray roots and a cast on my elbow from a fracture. After “magic wand”, my scowl turned to a smirk, my jawline thinned, eyeliner and lip highlights, root touch up and voila! I look like a brunette Charlize Theron! It's a beautiful picture, but it's not me. It's a picture of a girl that a computer created from a picture of a girl. I can't enjoy it because I don't see myself, but no one I show it to can see the difference.

We are surrounded by “shopped, cropped, wanded and filtered” images that are mostly taken after spray tans, lighting, highlighting, low lighting, make-up and wardrobe teams set them up. Unfortunately we rarely see ourselves in these images, even though they are being marketed to us, and ultimately we define ourselves by them. It's cruel and unrealistic. Causing more body dysmorphic disorders, eating disorders, unrealistic expectations and life long disappointment. My heart aches when I see young women photoshop and filter their pictures for social media approval. This is only made worse when I realize they've done the same filtering to their kid's images. Precious, innocent perfection being passed the torch of insecurity before they even realize there was anything to be insecure about.

I grew up in the 80's and 90's where dark tans and breast implants set the example of what a woman looked like. I'm fair skinned, literally cannot tan without serious discomfort and a future of skin issues I could spend an hour lecturing others about. Before having children, I was a 34-A cup and dreamed of the money to have breast enhancement surgery. Even now I debate the question within myself over the need to have it done versus what I have realized was a marketing tactic that has subconsciously worked well on my self-esteem (thank you Victoria's Secret for updating your models to include variations in body type rather than all size 2, DD). I acknowledge what has happened rationally but the

emotional damage has been done. It develops at such an early age and is hard wired from what we see at home and in advertising. My mother, thankfully, never wore make-up, and neither do I or my little sister. Weight, on the other hand, has been a constant struggle that we all manage in our own individual ways. It was my mother's struggle, and our body type—small chested, big hips, thick thighs—never met the marketed images of our formative years.

Professionally, I work as a medical provider in dermatology. I see skin all day long every day and for the most part, it's all beautiful. Wear sunscreen, eat fairly, drink water, quit smoking if you can, and know that no one out there has skin without freckles, moles, scars, bumps, birthmarks, blotches, rashes and tags. None of these spots stand out over my 11 years of practicing as much as the palpable discomfort so many people feel while being evaluated in our most vulnerable state—naked. So many apologies for the way our bodies are made and different. It's humbling and unnecessary.

***“A smile is the  
best makeup any  
girl can wear”***

***-Marilyn Monroe***

I'm not here to judge but we all feel judged, even when we are looking for help or guidance or basic preventative care. All of our figures can be nipped and tucked somewhere but to what end? The definition of beauty changes with time (Greek goddesses have small chests, rolling stomachs, big hips and thick thighs... I would've been perfect) Now, the ideal of perfection is created by a computer program.

Take a step back and look around the room once in a while. The most beautiful people you'll see are those that are smiling and laughing.

Life is too short to continue being so hard on ourselves, and each other, for standards that can only be created by machine.



*Audrey is a Board Certified Physician Assistant, dedicating her career to specializing in Dermatology. She works with patients of all ages and skin types, and embraces the opportunity to provide a compassionate, patient-first approach to medical care.*



I value who I am.  
I love myself.  
I CELEBRATE ME!

# Celebrate YOU!

**Women2Women believes in celebrating women. Well, most of you reading this magazine are women, so let's celebrate YOU!**

Celebrating myself was not something I had a clue about until several years ago. I was severely limited in my ability to feel good about myself because I grew up with people who stifled my enthusiasm, expected kids to do as told—no questions allowed, and then married a man who emotionally controlled me. But here's what happened to change that. First, I stopped believing lies. Second, I quit letting others determine my journey. Third, I no longer let people's opinions about me matter (still working on this

one a bit). And lastly, and what I'm writing about today, I discovered and became *focused on my main strengths* and started celebrating WHO I am!!

Many of you are wondering how in the world to celebrate who you are. You are tired of not liking yourself, and you keep hearing people say to just be you, or just "do" you, and you have no idea what in the world that even means. You have been (and done) what everyone else demanded or needed for so long that you don't even know who you really are. Yep, I've been there with you.

Because I've already walked a journey of discovery, I am going to tell you how I did it. About ten years ago, when I had an epiphany and decided I was finished

listening to lies and self-doubt, I was motivated to start naming some good qualities about myself that helped me realize how capable and quite wonderful I am. I had to dig deep past all the junk that had piled up, but came up with a few: loving, considerate, problem-solver, creative, good mom, and more.

Then as I continued my quest of self-discovery, I discovered a valuable tool. It's a book called *Strengths Finder 2.0* by Tom Rath and is available on Amazon if you can't find it in a store. This book comes with an access code for you to take the Strengths Finder test for free. Taking this test made a huge difference in how I view myself. I believe in this process and think you should know about it in case you are stuck like I was.

Here's the way it works. You honestly answer questions and the Strengths Finder computes, hums, cogitates, and spits out a wonderful report about how amazing you are! It's delightful! Well, mine was anyway. No really, the delightful part is finding out about your innate qualities of strength.

#### My own examples

I have been shushed all my life because I have such enthusiasm and I'm quite spontaneous (a polite way to say loud with no filters). But now I "officially" know that "positivity" is my strongest quality. Anybody here surprised? I've always been filled with a joy deep inside, and have found the best in others and in situations.

I'm quite sure that I started talking almost as soon as I entered this world, and I love words, so it's not surprising that "Communicator" is another of my strengths, which presents in writing, speaking, and conversations with people.

At first I didn't understand how the strength "Developer" applied to me, but when I read "Making someone feel special gives you great satisfaction" as part of the description, it made sense.

A part of the strength "Connectedness" is accepting that which can't be fully explained through logic and believing that everything and everyone is connected. Bingo!

*Strengths Finder* states that according to research, there is more potential for growth when we invest energy in developing our strengths instead of correcting our deficiencies. How's that for focusing on the positive rather than the negative?

I only mention my results to show you how they resonated with me. Of course, it takes being very honest with your answers for this to happen. But knowing I AM this person (and so much more) has liberated me. It's as if I have permission to build on my positivity and not be apologetic for being somewhat "Pollyanna-ish". And knowing my strength is communication also gave me permission to call myself a speaker and writer several years before I was doing much of either. My strengths of developer and connection

enabled me to accept the job of editor for our magazine without qualms.

I am not bragging about my strengths. That is never my intention! I am just illustrating (connecting and communicating) with you how much of an impact taking that test had on me. I encourage you to learn more about yourself. Spend the twenty dollars, buy the book, take the test, and begin to celebrate! Because there is no better reason to celebrate than YOU!



*Mimi Matthews is in the "encouragement business" as the owner of Empowordment Cards by Mimi, which features greeting cards that inspire and encourage. She is also a speaker, workshop leader, writer, and our editor. Visit her shop at [www.etsy.com/shop/EmPOWordmentCards](http://www.etsy.com/shop/EmPOWordmentCards), her blog at [www.particularpassions.me](http://www.particularpassions.me).*



I knew I wasn't going to like the rest of the note when I saw these words written in a fine hand on the envelope:

*"From Randy, your friendly raccoon neighbor who wonders if it ever occurred to you that we were here long before you arrived, buddy boy."*

SUBMITTED BY BILL HANEY

THE NOTE READ:

"Remember those nice healthy, thriving vegetable plants...you know, the zucchini, butternut, and acorn squash; the crispy cukes; succulent sweet peppers; even the garish gourds and those majestic marigolds? Recall, if you will, how you were almost relieved they had somehow survived our annual banquets?

By the way, it did not escape our notice that you meant it when you said you had given up on planting sweet corn. Bad idea. We took that rather personally. You may say you didn't intend it that way... have to tell you, that rings just a little hollow to these perked-up ears.

Be that as it may, fine with us if you just write off our little garden party at your place to coincidence. Yeah, like, duh. That's what coincidence is, eh? Shame you couldn't attend... still, you lay a bountiful table. Or did.

Anyhow, wander out to (what used to be) your gardens. Have a look. Bring a hanky.

Full disclosure: I did have a little help from my friends: thank you, rabbits, ground hogs, possums and deer for cleaning up the less delectable leftovers.

Your friendly neighbor who knows where you live,

*Randy Raccoon*

P.S. Almost forgot... nicely done with all those lovely flowers in the tiers and terraces. Guy might say they're so awfully pretty they look good enough to eat.

# A Twist on Traditional Burgers

(Family Features)



Warm weather and grilling go hand-in-hand, and few dishes say summer like burgers. While traditional beef patties come to mind for many, there are also healthy protein options to satisfy that burger craving without sacrificing flavor.

For example, salmon is a nutritionally well-rounded alternative that offers a variety of health benefits, and an option like gluten-free Trident Seafoods Alaska Salmon Burgers are made with wild, sustainable, ocean-caught whole filets with no fillers and are lightly seasoned with a "just-off-the-grill," smoky flavor. Topped with melted cheddar then piled on top of fresh arugula, peppered bacon and zesty mayo, these Alaskan Salmon Burgers with Peppered Bacon are a twist on tradition that can help you put a protein-packed, flavorful meal on the table in minutes.

Find more healthy seafood recipes at [tridentseafoods.com](http://tridentseafoods.com).

**Alaskan Salmon Burgers with Peppered Bacon**

Prep time: 13 minutes  
Servings: 4

- 1/2 cup mayonnaise
- 1 1/2 tablespoons lemon juice
- 1/2 teaspoon lemon zest
- salt
- pepper
- 1 box (11.2 ounces) Trident Seafoods Alaska Salmon Burgers
- 4 cheddar cheese slices
- 4 seeded burger buns, split and toasted
- 4 cups arugula
- 6 strips peppered bacon, cooked
- 12 bread-and-butter pickles, drained

In small bowl, combine mayonnaise, lemon juice and lemon zest. Season with salt and pepper. Set aside.

Cook salmon burgers according to package directions. When almost cooked through, top each with slice of cheese, cover and cook until melted.

Spread cut sides of buns with mayonnaise and top bottom buns with arugula. Cover with salmon burgers, bacon, pickles and top buns.



# When You Show Up For You

**Difficulties come when you don't pay attention to life's whisper. Life always whispers to you first, but if you ignore the whisper, sooner or later you'll get a scream.**

~Oprah

Oprah Winfrey has helped thousands of women improve their lives with her words of wisdom. Her following quote helped me see the power all women have when they go inward and listen for messages from the Universe.

"Difficulties come when you don't pay attention to life's whisper. Life always whispers to you first, but if you ignore the whisper, sooner or later you'll get a scream."

In the 1950s when I was 3 years old, I had recurring nightmares 2-3 times a week. I'd wake up alone in the dark, afraid for my life, fearful something scary was coming to get me. I would begin to cry and eventually scream until my mother would show up, embrace me and comfort me in her arms. Suddenly one night before I had the chance to scream, I heard my first *whisper*. It was a gentle, calm voice speaking to me in my head and it said "Suzanne, you are not alone. Everything is OK. You will be fine". These were the same words my mother had always said as she'd climb into bed with me, but this time my mother wasn't there. I didn't know it then, but now I know it was my inner being/God Source Energy comforting me. From that moment on my recurring nightmares stopped. I'm sure my mother was relieved that my nightly screaming had abruptly ended and that she could finally get a good night's sleep. She never asked me why I stopped screaming and I never told her why, but I'm grateful I heard the whisper in my head because not only did my mom's life become better, so did mine.

In 1985 I became a single parent. Raising my 4 young children and running a business out of my home often became stressful and overwhelming. To help myself cope, my daily life always included a big list of things to do. One year as I was decorating the Christmas tree, I started thinking about a conference call that was to start in 15 minutes. The call was the last thing on my list of things to do for that day and I still had the top half of my tree to decorate. I started pressuring myself to hurry up and get it done before the call. I went to step up on the stool to put the star on the top of the tree and I heard a *whisper* in my head. It clearly and softly said, "Suzanne, take off your slippers". I ignored the message thinking that it was a waste of time to stop and remove my slippers. I stepped up onto the stool and my foot slipped and my instant reaction was to grab for something to hold me up. I grabbed for the tree. The whisper had become a scream when the tree and I fell over

together. Luckily the only thing that was damaged were some ornaments, and thankfully I began learning how important it was to listen to the whispers in my life.

In 1994, in the middle of the night, my bedside phone began to ring. This is a sound that no parent wants to be awakened by! I sleepily answered and immediately my heart sank as a policeman told me my 16-year-old son had been involved in a car accident only ¼ miles away from my house. Per standard police procedures, he could not tell me any details but said to come as soon as possible. As I rushed to get into my car, I heard a *whisper that came in the form of a feeling in my gut, reminding me to drive carefully to the scene of the accident and that everything was going to be okay*. The accident had been an unavoidable head on collision with a businessman from England who was inadvertently driving on the wrong side of the road. My son held his best friend's hand as they waited for the jaws of life to remove them. Sadly, his friend passed away. Miraculously my son lived through it with only minor injuries. The only spot in the whole entire car that didn't get crushed was the spot where my son was sitting. I ran over to my son. We hugged and cried together as I began thinking, *thank you, God, for this miracle and the whisper in my ear* reminding me to take the time to drive safely to the scene of the accident so that I could be there for my son when he needed me most.

Over the years, as I continued to pay attention and listen to life's whispers, I slowly and surely became my own best friend. The whispers helped me stop my disempowering habit of people pleasing and putting myself on the back burner. They taught me that you can't pour from an empty cup. I learned that when I love myself and nurture myself first, I will have more loving energy to give to others. After a decades of listening to life's whispers, what I know for sure is that **WHEN YOU SHOW UP FOR YOU**, life gets easier and more enjoyable every year.



Suzanne Young is an intuitive life coach who specializes in the Law of Attraction. She is also an inspirational speaker, author, and co-owner of Personal Success Programs, since 2007, with her husband Kevin Young. You can

email her at [suzanne@psprograms.com](mailto:suzanne@psprograms.com) and their website is [www.psprograms.com](http://www.psprograms.com). Her office number is 248.349.6225.



# The Power of Fasting

## An Easy Detox for a Healthier You

**Fasting** is the practice of abstaining from food and/or drink for a period of time. While some people nowadays practice intermittent fasting by abstaining for a day or part of a day each week, this practice has ancient roots.

The hardest part of fasting is being in the right mindset, as it requires discipline to resist the body's cravings and the mind's desire for food. I view fasting as a test of willpower, demonstrating devotion, and a willingness to make sacrifices. While many people fast for themselves, I find it easier to fast on behalf of others or a cause, as I would never want to let someone down.

I once completed a 40-day juice fast, and I'm certain that I wouldn't have been able to go that long if I had been fasting for my benefit. Instead, I fasted on behalf of my friend, who was very ill and barely able to feed herself. While fasting, I would pray that it would not only help me but also help heal her body.

### Quickest Way to Allow Your Body To Heal Itself

Visualize the inside of your body as an onion with multiple layers representing inflammation, injury, illness, disease and even cancer. Fasting allows you to peel back one layer at a time, facilitating the body's innate healing process. In the last 16 years I have truly witnessed many miraculous recoveries including my recovery 15 years ago of an incurable autoimmune disease. This is why I get so excited when people want to be responsible and take back their health.

The speed of healing depends on one's overall health, toxic chemical and nutrition intake. You have to ask yourself, are you intentionally investing in your health and wellbeing? If not, now's a great time to do so.



### 10 Really Amazing Benefits of Fasting

- 1** Reduces cortisol levels (the stress hormone) and thus helps to alleviate stress.
- 2** Lessen the risk of chronic "DISEASE" – a disruption of the body or mind's normal functioning.
- 3** Improved insulin sensitivity to help regulate blood sugar-related conditions—even diabetes.
- 4** Increases the generation of new white blood cells, boosting immunity, and helps fight infections.
- 5** Autophagy occurs from 12-16 hours when fasting. It is the body's process of breaking down and removing damaged or dysfunctional cells to recycle cellular waste, maintain cellular health and regeneration.
- 6** Boosts brain function by increasing the production of brain-derived neurotrophic factor (BDNF), improving cognitive function for all ages, and protecting against age-related cognitive decline.
- 7** Improves gut health by promoting the growth of beneficial gut bacteria and reducing inflammation.
- 8** Studies have suggested that fasting helps to increase one's lifespan and promote healthy aging and Longevity.
- 9** Enhances sleep by regulating circadian rhythms and promoting the production of the hormone melatonin.
- 10** Effective for weight loss by reducing calorie intake and increasing metabolism.

### Choose a Fast and Detox with Confidence

Here are four easy options that you can start off with. You can choose one or combine all four options.

First, pick a time frame. My husband and I recently completed a 14-day reset, and we plan to continue doing it monthly. We chose to eat only between 12 pm (noon) and 7 pm during our eating window. During this time, we also avoided processed foods and sugars. Additionally, we did 30 minutes of exercise each day.

**1 Choose how many consecutive days you want to go. 10 days, 14 days or even 30 days.**

**2 Pick an eating time window and intermittent fasting window that works best for you**

- Beginners can start with a 10 hour eating window a day and no eating 4 hours before bed.
- Eating window (7hr) = 12pm to 7pm -- Fasting window (17hr) = 7pm to 12 noon. So after dinner, at 7pm, the next meal would be at noon the next day, for a total of 17 hours without eating.

**3 Stop eating 4 hours before bed so your digestive system can have a break**

**4 No-Processed Foods & Sugars Challenge**

- No Soda
- No Alcohol
- No Dairy
- No White Rice
- No White Grain Flour (Bread/Pasta)
- No Chips
- No Fast or Fried Foods
- No Artificial sweeteners, White or Brown Sugar
- No Pies/Cakes/Cookies/Donuts/Ice Cream/Candy

### Additionally

- 1** Drink at half your body weight in ounces of water a day. (100lb = drink 50oz of water)
- 2** During fast you can have organic herbal tea, freshly squeezed citrus water.
- 3** Exercise daily for a minimum of 30 minutes a day.
- 4** Before you start, get a notebook and write down any health issues, aches, pains, blood pressure, sleep issues, brain fog, memory issues, etc. You'll be amazed at what happens in just 14 days. Make sure you take a picture of yourself and take your body measurements.

Just think, your experience will be able to help others. SHARE your results, i.e., weight loss, inches lost, pain is gone, energy level, sleeping better, mood is better, inflammation is down, etc.

Overall, this is a good starting point for someone looking to make positive changes to their diet and lifestyle. However, it's important to personalize the plan to your individual needs and goals. Remember to consult a healthcare professional before starting a fasting regimen.

Please be mindful to not be so regimented, everything is a learning opportunity. Intentional nutritional fasting should be a part of a healthy lifestyle, not a diet. In the next issue I will list more fasting options. They all are meant to give your digestive system a break so it can start the process of repairing the body and obtain homeostasis. The goal is to make better choices with when, what and how much you eat and drink. You'll have to check out next month's column for the list.

Of course there are advanced fasting options. Today I have shared my favorite fasting option that I have used for 16 years. Reference my book "Living Balanced: Healthy Mind and Body Reference Guide" for more information. For more information on fasting, my personalized handouts and fasting video text the word: FASTING to (810) 328-3777.



*Stacey Kimbrell is a Speaker, and Author of Living Balanced. Stacey's passion for over 15 years is transforming families to a natural way of living through natural remedies,*

*premium essential oils, and living a toxic chemical-free lifestyle. She mixes humor as she exposes the hidden chemicals in products we unknowingly ingest and use in our daily lives. **Live with Hope & Zeal in all things!** 810-423-5721 [StaceyKimbrell.com](http://StaceyKimbrell.com).*



## When Uncomfortable Shoes Are Our Only Choice



As the mother of a special needs son I can relate to the excerpt copied below. Though the writer is unknown, she is voicing what many caregivers feel. Most of us didn't pick out these "shoes" we wear.

To me, one of the hardest things is watching my friends' children go off to college or trade school and move out on their own; knowing mine (who is now twenty-three) will never accomplish that. And knowing I've got to walk in these shoes for many more years. However, my son and our journey together have made me stronger and shaped me into the person I am.

Hugs to anyone reading this who can relate. My heart is with you.



Mimi Matthews is in the "encouragement business" as the owner of Empowordment Cards by Mimi, which features greeting cards that inspire and encourage. She is also a speaker, workshop leader, writer, and our editor. Visit her shop at [www.etsy.com/shop/EmPOWordmentCards](http://www.etsy.com/shop/EmPOWordmentCards), her blog at [www.particularpassions.me](http://www.particularpassions.me).

"I am wearing a pair of shoes. They aren't pretty shoes, and they are uncomfortable shoes.

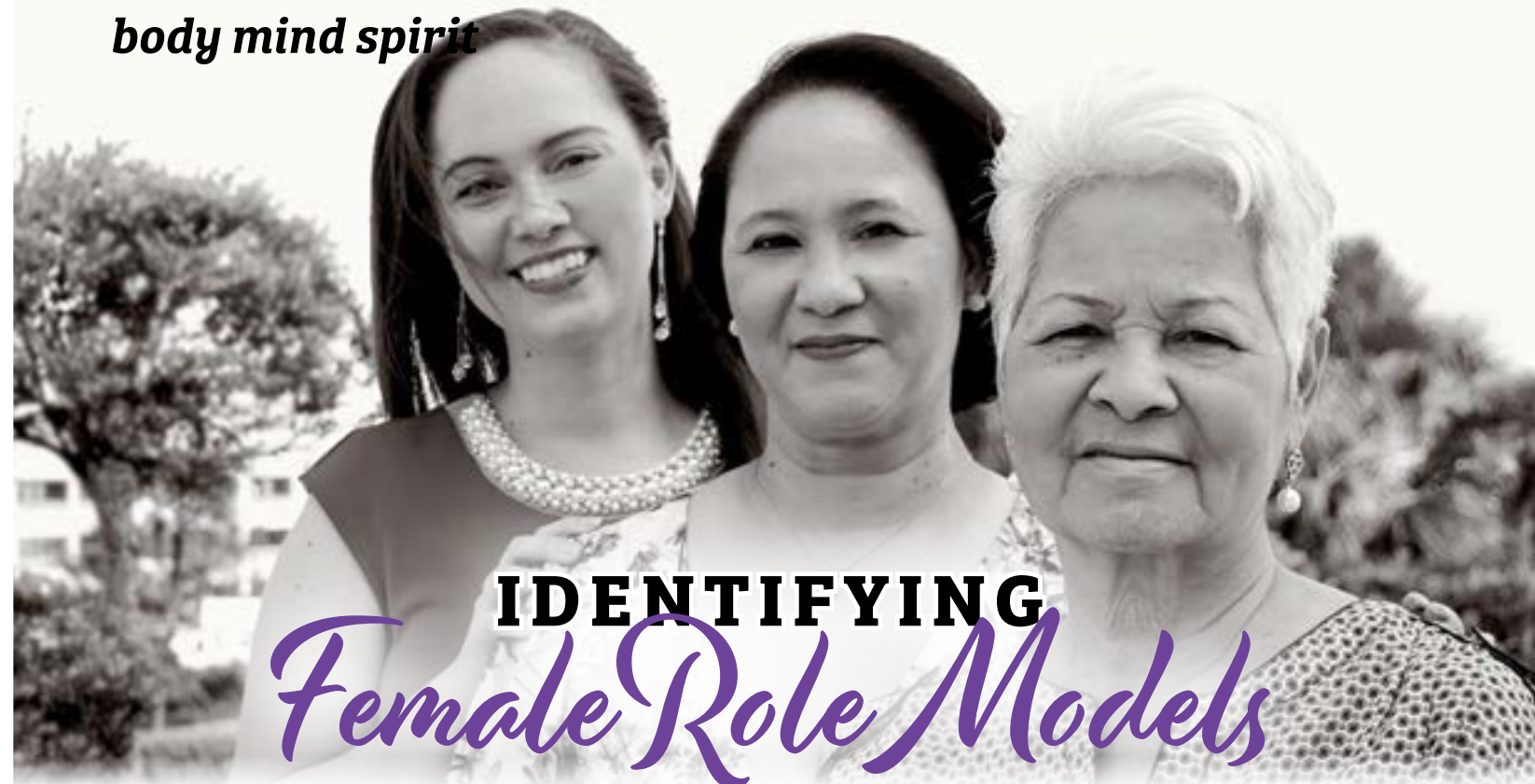
Each day I wear them. Each day I wish they'd feel more comfortable. Some days my shoes hurt so badly that I do not think I can take another step. Yet, I continue to wear them and continue my journey.

I get funny looks wearing these shoes. I can tell in others' eyes that they are glad these are my shoes and not theirs. They never talk about my shoes. To learn how painful my shoes are might make them uncomfortable. To truly understand these shoes one must walk in them. But, once you put them on, you can never take them off.

I now realize that I am not the only one who wears these shoes. There are many pairs in this world. Some women ache daily as they try and walk in them. Some have learned how to walk in them so they don't hurt quite as much. Some have worn the shoes so long that days will go by before they think about how much they hurt.

No mom deserves to wear these shoes. Yet, because of these shoes I am a stronger woman. These shoes have given me strength to face anything. They have made me who I am. I am a mom who has a child with special needs. I will forever walk in these shoes."

~Author Unknown



**BECOMING THE BEST VERSION** of self is a quest worth undertaking. Why? Well, isn't that why we're here? It's a matter of choice, dedication and commitment. To be a better version of yourself...every day.

A good way to start is to begin defining your personal female role models. True, it can be a daunting task. With so many inspiring women out there, it can be difficult to narrow down your choices. It is important to remember that your female role models are unique to you and should reflect your values, passions, and goals. This is your choice...your quest.

The first step in defining your personal female role models is to reflect on the qualities you admire in women.

- Do you look up to women who are strong, independent, and ambitious?
- Do you admire those with a deep sense of compassion and empathy?
- Do you value intelligence and creativity?

Knowing what traits you admire in women can help you narrow down your choices.

Once you have identified the qualities you admire in women, it is time to start researching potential female role models. Look to the women in your life, such as family members, friends, or colleagues. You can also look to famous women in history or in the present day. Consider their accomplishments, their struggles, and their resilience. Think about what makes them special and why you admire them. How would you emanate them?

When you have identified a few potential role models, take some time to learn more about them. Read their biographies, watch documentaries about them, and follow their work. This will help you to understand their stories better and gain insights into their lives.

Finally, it is important to remember that your female role models should be inspiring to you. Think about how you can apply their lessons to your own life. For example, if you admire a woman's strength and courage, consider how you can be strong and brave in your own life. If you admire her intelligence and creativity, think about how you can use those skills to make a difference in the world.

Defining your personal female role models can be an empowering and rewarding experience. Take your time to reflect on the qualities you admire in women and find those who inspire you. Then, learn more about them and apply their lessons to your own life.

Doing this will help you to become a stronger, more confident, and more successful woman. Keep the quest going! There are so many ways to become better... happier... more fulfilled.

Much love and respect to those who choose this quest.

Coach Deb



Deborah St. Hilaire is a unifier, enlightener and catalyst for change in the way women are treated and treat each other. Author, speaker, transformational

coach and teacher, Deb, the founder of [MyBodyMindSpirit.com](http://MyBodyMindSpirit.com), is dedicated to enriching lives through selfcare, meditation, movement, thought and journaling. She can be reached at 989.450.4200 or [deb@mybodymindspirit.com](mailto:deb@mybodymindspirit.com).





# Spring Cleaning for Your Finances\$

**SPRINGTIME IS HERE!** Spring brings a sense of renewal and optimism after the long dreary winter months. As the warmth moves in, we find ourselves feeling more motivated, ready to clear out old stagnant energy and make way for new growth! Many of us kick off the season with “spring cleaning”: scrubbing, organizing, and decluttering all the physical aspects of our homes and yards.

This year, in addition to tidying up the physical aspects of your life, why not do the same for your finances? After all, no one wants their financial picture to resemble that bottomless junk drawer or disorganized garage that was never cleaned up!

Here are some tips to help you clean up your finances this spring:

## DE-CLUTTER!

It can be difficult to find time to organize financial records! Take time to sort through any growing piles of paperwork. Shred documents that you no longer need. If you are not currently enrolled in e-delivery for financial documents from your investments, banks, and creditors, consider doing so. This can reduce the clutter that most of us dread from piling up. Also, consider signing up for automated bill pay services and investment purchases. This “set it and forget it” approach will help you reduce your monthly financial workload and physical clutter, plus ensures you never miss a payment or contribution.

## REVISIT NEW YEAR'S RESOLUTIONS

Most of us set resolutions at the beginning of the year, and a good portion of them may have some financial basis. Now is a good time to check in with them. Examine your progress on any debt-reducing or savings goals you established. If you are meeting these goals, great! If you are not progressing as anticipated, look for ways to get back on track for the remainder of the year. It's not too late to adjust these goals to something more attainable in your current situation.

## ANALYZE YOUR BUDGET

Creating and sticking to a budget is a crucial element in anyone's financial picture. If

you have previously established a budget, make sure you are following it monthly. If it needs some tweaking, now is the time to reanalyze your income and expenses and find something that works. There are several free tools available online, such as Mint and BudgetTracker, to assist you in implementing and maintaining your budget. Consider utilizing one of these tools to create an initial budget, track income, and categorize expenses so you can easily analyze where your money is going.

## REVIEW INSURANCE POLICIES

Dig out your insurance policies! Now is a good time to look at your rates and coverage. For instance, home and automobile insurance have rate changes rather frequently, and we may not notice the changes until we take the time to sit down and examine premiums and coverage. Reach out to your agent(s) to review your policies, discuss any potential ways to reduce rates, or add additional coverage in areas you may need it. For life insurance, review your coverage amount for adequacy and verify beneficiary and trusted contact information is still correct.

## CREDIT SCORE CHECK IN

It is a good idea to check your credit report every year or so for both inaccuracies and outdated information. If you find inaccuracies, investigate them, and clear them up to avoid future issues. Also, outdated information can hurt your score, so ensure your creditors have all balances up to date and are reporting payments correctly. Fixing these issues can have a significant impact on your overall score. Last, look for ways to optimize your credit by reducing balances on loans and credit cards. Keeping your debt to credit ratio below 30% is suggested to keep your credit score healthy, and anything better than 30% will only improve your overall score further.



*Kristin Prieur is Chief Compliance Officer and Financial Advisor at Financial Strategies Group. She has a passion for providing financial education for women. In her spare time, she is also a Yoga Instructor and Reiki Practitioner.*





# finding your *YIN*

## BREAKING MODERN STEREOTYPES TO FIND BALANCE THROUGH ANCIENT WISDOM

Most of us have seen the Yin-Yang symbol: A circle split in half by a curved line, half-black, half white with a dot of the opposite color in each half. In this Traditional Chinese theory, everything has a yin and a yang energy and these two energies are always working to create balance within a whole.

Yin energy has the qualities: cool, dark, downward, low, slow, calm, fluid, still, receiving...and also feminine.

Yang energy has the qualities: warm, bright, upward, high, fast, excited, hard, busy, giving... and also masculine.

According to Traditional Chinese Medicine, we need to have both yin and yang to create balance. In our busy modern lives, most of us are a little more towards the yang end of the spectrum. However as women, it is in line with our nature to have more of the yin qualities in our life.

For women who are looking to create more balance in their life, there are two qualities of yin that I found to be particularly transformative in finding balance

in my life and also in embracing my womanhood.

### 1. STILLNESS

As a society, we really struggle with stillness. Often our "still time" is a time to sit down and fill our minds with other distractions and media. However true stillness is a time to let yourself just be with yourself without the distractions of other information or media. If you struggle with taking still time, I suggest starting with a bath. Often times the warm water with other comforts like candle light, essential oils, and relaxing music is just what we need to help us relax into stillness. Know that in practicing stillness we often experience a lot besides calm; and that is okay. The practice is this: can you just be with yourself and whatever is showing up within you?

### 2. RECEPTIVITY

Receptivity can be a challenge, especially for women who are used to being the caretakers and givers within their families and communities. Do you feel awkward receiving gifts and compliments? Do you work hard to pursue what you want instead of waiting to see

what the world brings to you? Do you struggle with self-love and giving to yourself? To cultivate the feminine quality of receptivity start to observe these blocks and challenge yourself to reverse them. When you receive a complement, let yourself embrace it as opposed to deflecting it. Experiment with waiting for things to come to you. Is there something that you can treat yourself to as an act of self-love?

After decades of stress, poor health and feeling stuck, it was discovering and embracing my yin that allowed my body and my life to come back into balance. I encourage you to explore these concepts and see what magic they have for you.



*Joy Dettling is the founder of Ignite Life: accelerating personal growth and healing using powerful tools for one-on-one sessions and group events. Perception Reframing & Subconscious Optimization on her website: [ignitelife.net](http://ignitelife.net) and facebook: [ignitelifewithjoy](https://www.facebook.com/ignitelifewithjoy).*

ONLY  
\$19<sup>95</sup>  
for One  
Year

## What's your FAVORITE LOCAL MAGAZINE?

View W2W Michigan Magazine at [W2WMichigan.com](http://W2WMichigan.com)  
or subscribe to receive a printed copy mailed to you.

*And right now, take advantage of our special advertising savings!*



## IN EVERY ISSUE YOU'LL FIND...

- ▶ Inspirational stories to bring out your creativity
- ▶ Encouragement to build your confidence and self-worth
- ▶ Wisdom from successful women who have braved the elements of life
- ▶ Tips and tricks for home, garden and life in general

**& SO MUCH MORE!**

FOR THE LATEST UPDATES, KEEP  
UP WITH US ON SOCIAL MEDIA



visit [w2wmichigan.com](http://w2wmichigan.com) to subscribe





...it's time to **step up** and join our team! Are you a go-getter who loves meeting new people and making connections? Are you a persuasive communicator who can sell ice to an Eskimo? Do you have a passion for reading and staying up-to-date on the latest trends? Then we have the perfect fit for you! Just like a good pair of shoes, we believe that the right job should feel **comfortable, supportive, and empowering.**

As an account executive for Women 2 Women Michigan Magazine, you'll have the opportunity to sell the **premier women's publication and events in Mid-Michigan.** Work on your own terms, set your own schedule and earn high commission on each sale you make. With our training and support, you'll have everything you need to succeed and take your career to new heights.

Our team is like the heels of a great outfit - they **elevate and enhance** the experience for our customers. And just like a well-crafted shoe, we provide the tools and support you need to succeed. We offer comprehensive training, ongoing mentorship, and a dynamic team environment that's sure to keep you on your toes.

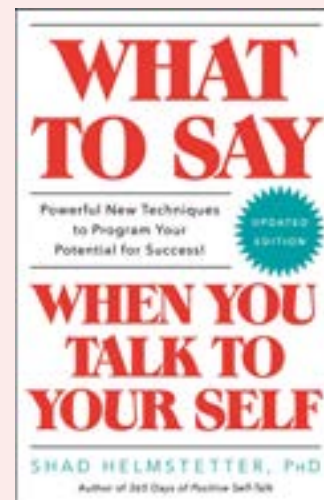
Go ahead and put your best foot forward and join us today!



Send your resume to [Office@W2WMichigan.com](mailto:Office@W2WMichigan.com)

# Book Club Classics

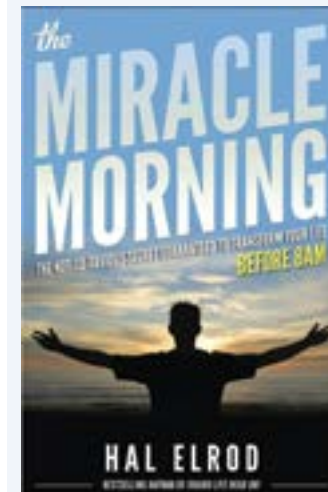
## Books that Change You



### What to Say When You Talk to Your Self

by Shad Helmstetter Ph.D

Discover Dr. Shad Helmstetter's wildly popular self-help book What to Say When You Talk to Your Self, now updated with new information for the twenty-first century, and learn how to reverse the effects of negative self-talk and embrace a more positive, optimistic outlook on life!



### The Miracle Morning

by Hal Elrod

Hal Elrod is a published author, speaker, ultra-marathoner, podcast host and cancer survivor, so you know he's got more than a few achievements under his belt. Elrod swears he has the key to making mornings — and, therefore, lives — happier and more productive. But most outrageous of all: He says it only takes six minutes a day. In his book, he offers a blueprint to his morning ritual — including what to do if you like to snooze.



### I Am That Girl

How to Speak Your Truth, Discover Your Purpose, and #bethatgirl

by Alexis Jonesby

In a crazy, media distracted world the important questions often get lost like: What's your passion? What's your purpose? Who do you want to be? Alexis Jones has built a career listening to and helping girls around the world figure out those questions in order to inspire them to think for themselves, to speak their truth, to discover their purpose, and to dream HUGE! Alexis believes that you're not broken nor do you need to be fixed. You already are that girl who creates magic wherever she goes, who lives fearlessly, who inspires those around her to dream bigger, and who will leave the world better, just for having been in it.

Stop listening to that voice inside your head that tells you you're not good enough. Stop worrying that you don't have the perfect body, perfect job, perfect relationship, or perfect anything for that matter. Stop letting other people draw boundaries and limits around your life. And start living the life that you truly want (now!), the one you didn't think you had the courage to imagine, but the one that's absolutely possible! Including stories from thirty incredible women, Alexis has compiled everything she's learned into one complete guide to being That Girl, the best version of you.



# Tapping Into You Releases the Real You

**T**oday's article will focus on tapping into you. Have you ever thought about what your life would be like if you could tap into your energy and execute your creative being with positivity, confidence, and self-love? "Tapping into you" means to gain access to your value, belief systems and inner power that authenticates your God-given purpose.

Tapping into you allows you to embrace your personality with boldness and excitement, while discovering who you really are in this moment with transparency. Tapping into you creates space for God to love you and gives you permission to unmask your thought about flaws, so that you can embrace your true beauty and develop what makes you unique and loyal to becoming a better version of you.

Tapping into you is not about reliving your pain, it's about releasing your pain, so that you can heal and move forward in your life with pride and commitment to accomplish goals, fulfill dreams and courageously live a life you admire and love.

Tapping into you can be a challenging experience, because it exposes vulnerabilities, fears and hidden secrets that remind you of who you once were, while fearfully trying to embrace the uncertainties of becoming someone different and unfamiliar to your comfort zones.

Tapping into you can journey you through the good, bad, and ugly experiences of your life, reminding you of stagnations while separating you from the insanities of life that tried to keep you stuck and not moving forward with purpose.

Tapping into you creates a platform for you to share your story of how you overcame trials, tribulations, and setbacks with the assurance of God's Word.

Tapping into you gives you the strength for yourself and for others that need to see how you survived the darkest days of separation from people, places and things that you thought were forever.

Tapping into you restarts your forever at a place of acceptance and admiration for all that you have lived through. It validates you and gives you the confirmation you need to boss up, queen up and trade in your tiara for your crown.

Tapping into you teaches you how to set boundaries for yourself, your well-being, and relationships. It builds up your self-esteem and gracefully leads you through the process of becoming fearfully and wonderfully made. You discover that all is not lost, you bounce back, heal and fight for you—the one who's becoming a woman of honor, whose value is more precious than rubies.

Tapping into you allows you to tap into the promises of your future, the new thing being created in you. Maybe that new thing is to become a writer, go back to school, start dating or embrace being single until your king finds you. Tapping into you elevates your dreams, your possibilities and encourages you to love you, because it's the right thing to do.

I remember there was a time in my past, that I didn't know how to tap into my value and build self-confidence without the approval or validations of others. I knew that there was something special about

me and my capabilities to write and empower and transform lives with spoken messages, but I didn't know how to tap in and develop those gifts with self-confidence. I didn't fight to become the playwright I knew I should be. It's hard to believe I wrote and produced a musical gospel play that showcased at the Whiting Auditorium in my twenties. It grossed over \$80,000 in two nights, but because of fear and not really knowing how to tap into my gift, I regretfully placed my dream of becoming a playwright on the shelf.

Over the years I wondered where I would be if I had tapped into my dream with confidence. I'm writing from experiences and lessons, encouraging you to tap into your dreams with resilience. I no longer wonder and wait for others to approve or validate me, for life has taught me how to tap into my dreams and become a better version of myself. Daily I rise above fears and uncertainties because I know the value of being able to tap into you, your gifts and the blessings that God has planned for your life.

Tapping into you empowers you to live better, for you, your family and the community you serve. It's time to tap in and release the real you.



*Tarnesa Martin R.N. is a life and personal development coach who leads sessions in health awareness, education, and self-care that focus on enhancing one's capabilities for becoming a better version of themselves. She is an author, speaker, educator, and leadership mentor. Her business is Empower To Live Better, LLC, and she may be reached at [empowertolivebetter@gmail.com](mailto:empowertolivebetter@gmail.com).*



# Jan's

## PROFESSIONAL DRY CLEANERS

*Your Fabric Care Specialist*

**FREE PICK-UP AND DELIVERY!**

Take Down, Clean and Rehang on Draperies, Blinds & Pleated Shades Alterations & Repairs  
Leather, Suede & Shoes • Wedding, Prom & Vintage Clothing Preservation & Restoration • Fine Garments Shirt Laundry • Fire & Water Restoration

**VISIT US TODAY! 130 GRIFFES, CLIO, MI. 48420**  
**HOURS: MON - FRI 7AM - 7PM • 810.687.7590**

**JansCleaners.com**

# Jan's

## WINDOW FASHIONS

**FREE MEASUREMENT & ESTIMATE!**

CERTIFIED DEALER **HunterDouglas**

130 Griffes, Clio, MI 48420  
Call Today 810.922.0022  
[JansCustomWindowFashions.com](http://JansCustomWindowFashions.com)



# W2W

Women 2 Women Michigan Magazine  
*presents*

## Girlfriend Gatherings

*Speaker Series*

May 11th | June 8th  
September 14th | October 12th  
November 9th  
5:30 - 8:00pm at Gateway Hotel  
Tickets at [W2WMichigan.com](http://W2WMichigan.com)

*Give* a Girl  
the *right* shoes, and she can  
conquer the world.  
Marilyn Monroe



*Sponsorships & vendor opportunities available.*