

WOMEN 2 WOMEN MICHIGAN MAGAZINE

W2W

The Gift of Sisterhood

Debra Loader

10 Ways to Level-Up Your Self-Love

Jennifer Gardner

Theme Your Year

Deborah St. Hilaire

Jennifer Wilson
Personal/Business/Life Coach



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Debra K. Collins
Publisher



Mimi Matthews
Editor



Lesley Howe
*Executive Assistance/
Marketing*



Jennifer Gardner
Creative Director

winter theme

Intentional

We are welcoming a new year once again! As fast as these years are speeding by, we need to make our days intentional—which is the theme for this issue.

Once again, our writers have given us a magazine full of useful information and articles written from their hearts. For two heart-warming stories, read *The Gift of Sisterhood* (page 10) and *Unconditional Love* (page 12).

Were you aware that we have several coaches who write for us every issue? Check out the information at the end of each article if you'd like to connect with them. For some great advice and tips for a better life, look for our coaches: Debra Loader, Deb St. Hilaire, Suzanne Young, and Tarnesa Martin.

Women2Women would like to welcome a new writer to our magazine, Joy Dettling. Her article, *Tough Love*, is on page 24.

Make sure you "like" our Facebook page www.facebook.com/w2wmichigan so you will be aware of upcoming events and happenings.

Thank you for joining us in supporting women and community.

Mimi & Deb

*Empowering those who
empower others.*

— Deb

contributors

Contributing Writers

Deborah St. Hilaire • Suzanne Young • Tarnesa Martin • Mimi Matthews • Debra Loader
Kim Hytinen • Joy Dettling • Stacy Kimbrell • Michelle Shook • Jennifer Gardner

WOMEN 2 WOMEN MICHIGAN MAGAZINE

W2W

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.

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Submit your stories online at w2wmichigan.com. Article guidelines are under the magazine tab.

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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.

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covergirl

Jennifer Wilson



AS A PERSONAL COACH,

I would say the thing that I'm best at is breaking down complex personal growth concepts in ways that are easier to understand. Maybe it's the Virgo in me but I have a passion for taking things one tiny step at a time. $1 + 1 = 2$. If it doesn't, then we are overcomplicating things, and boy do humans love to overcomplicate. I dive into the details and organize them in ways that will spark a client to then go create their own blueprint for a glorious life of their choosing.

I'm high energy *and* super practical. I know women. I know our good intentions and I know how vulnerable we are to holding boundaries. It's so hard for women to not be people pleasers and to put ourselves first. It's also incredibly difficult for all humans to experience loneliness, but especially women. We will put up with mediocre for a long time before we raise our standards. Because I understand how hard the world can be, I use loving sarcasm and gentle humor in all I do. I truly believe that a sense of playfulness is 1000 percent better than a deep discussion in many cases. I think that supporting women towards their unique beauty and helping them own themselves is everything. I'm obsessed with the studies of human behavior, emotions, and intuition. I'm planning to leave this planet with one skill perfected and that is to have loved people fiercely.

I came out of the womb a "driven" personality. Apparently, I walked before I could crawl at only 8 months. My first *forced* slow down came when I was diagnosed with breast cancer at 22, quite literally around 4 pm on a Friday. The next morning I attended my college graduation. I went on to have 2 more diagnoses with the last one in 2001 being Stage 4 and metastasized. I was 26 and again forced to slow down and think about the meaning of life without a lot of skills to do that. Upon a complete recovery that I hadn't been sure was possible, I became even more driven. Having the majority of my 20s consumed with all things cancer,

I was pretty emotionally immature and had missed some of the key early adulthood milestones.

Needless to say, I was a bit of a train wreck and awfully naïve, about relationships especially, and also the world in general. I had reached a point in late 2007 where I was suicidal and thankfully knew to take myself to a therapist. This was my second therapist in less than 2 years and I always say that I won the lottery. Both women were really coaching me more than anything. I was a sponge, ready to change, ready to read any book they suggested, and desperately wanting to understand better the "whys" of being human. Why and how do some people overcome circumstances and why do others keep repeating patterns? As I started to catch up on my personal and emotional growth, I found that all facets of my life improved. I also discovered a deepened optimism that complemented my natural drive.

There have been too many moments in my life where I felt totally alone. We don't have classes in school for How to Be Human, Staying Authentic and True to Yourself, Emotional Intelligence, etc. We are so powerful as humans to choose our lives. To choose our emotional state in any given moment. To love ourselves and others in ways that effectively raise the vibrations of all of humanity. I stumbled and fumbled to find teachers, mentors, and coaches. This healing space is growing because the need is finally becoming realized. I never want anyone to feel alone or that they are a victim or that they can't make a change. It's never too late. And I want to always be there for others. You can do this. We are meant to follow our own beautiful, bright light.

I've found that when the word 'Flow' comes up, women gravitate toward it without fully understanding what it means. To them it sounds exactly like the thing we are all missing. Flow. We are not meant to be ecstatically happy all the time. After awhile that would be boring. We are to flow through

emotions, experience the contrasts between loss and love. Chaos and calm. Anger and relief. The flow is what makes life sentimental and sweet. I always tell new clients, life coaching won't make you happy all the time but if you begin a practice of personal and emotional growth, you CAN create flow between the contrasts of life. You won't get stuck for long periods of time in the lower feeling emotions of grief, anger, depression ... you will flow back and forth with more ease and less judgment of yourself. You can experience grief and happiness in the same moment. Nature flows in this way and it isn't called human NATURE by accident. We are meant to flow with all that is ... it just happens to be the hardest thing to remember to do. I've learned that and I don't hesitate to get healing help on a regular basis to calibrate my flow. I still get stuck, but I promise you that learning how to not stay stuck has changed my life dramatically.

A wonderful boss and mentor of mine said to me early in my career, "You can't know what you don't know, until you know it." (Say *that* 3 times fast!) As humans, we are incredibly hard on ourselves and I'm sure he said this to me as I was lamenting about a mistake I made. This one saying has snapped me out of many moments of fear. The only way to learn most things is by jumping in, making mistakes, and then going forward with what you now know. Always remind yourself... "You can't know what you don't know, until the absolute second that you learn it".

I'm old enough to have gained wisdom in the fact that every, single moment is brand new. It's best to pay close attention to now, forget the past, and stay curious about the future. Yet, I'm still young enough to bring a high energy to the coaching experience. Of course, I also plan to foster my youthful energy as I get older, so maybe age has nothing to do with it.

I am a personal coach and currently accredited through the ICF (International Coaching Federation) at the ACC level. I studied coaching with Coach U and completed their Core Essentials Training Program. I also have a BA in Communication Studies, Human Relations, and Gender Studies from the University of Iowa.

I started Windley Works in 2015, after a 14 year corporate career in food-grade commodities. I initially focused on Executive Coaching and Resume Writing. It was clear from the beginning, however, that people were seeking a coaching approach for all aspects of their life including a growing need for anxiety support. I also found that as I worked more intuitively--using my intuition to guide clients *and* support them in growing their own intuitive abilities--the coaching experience I offered was richer. I include modalities of guided meditations, breathwork, and other tools that help

regulate the central nervous system, heightening the client's ability to gain powerful insights for themselves.

I have been in awe of how family and friends trust me to coach them formally and how clients over the years have become friends. I worried about that initially, but I realized that I'm building a group of like-minded souls. I bring us all together for classes, events, and support. I define my biases as they come up. It might sound like, "Well if I was only coaching you ... I might say XYZ ... but I'm biased as your friend, and I also think ABC." When your closest people trust you with their biggest moments, you must be doing something helpful.

You can't know what you don't know, until the absolute second that you learn it.

My book will be available later this year: *44 Soft: Softening in a World Determined to Make Us Hard*. It is 44 Invitations to Freedom through Practicing Love. Love over the past couple of decades has taken on a transactional quality at best. Or at its worst, love ends up in the backseat while hustle-culture drives the car. Thankfully humans are still born with their natural loving nature. Take toddlers for example. They will watch a video of themselves on your cell phone ... over and over

and over. They find themselves adorable. They will kiss their image on the phone.

Over time, we have that natural love programmed out of us by the world that tells us to suck it up, try harder, go faster, drop all vulnerability, get a tougher skin, don't show any emotion, etc. If you grew up in a family culture where both mom and dad had demanding jobs, there may never have been time for emotions, including love.

Of course, as implied, there are so many people who don't know the simplest practices to feel more connected, soft, and loving to the people they cherish most. And when we don't know how to give and receive love--a basic need--we might choose manipulation to fill that need. My book is a daily commitment to stay soft in our hard world and offers 44 invitations to be more loving. You will be amazed at how free you will feel living from a state of love and creating daily practices for yourself.

You can join the waitlist to be the first to know when the book is released at www.windleyworks.com.

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- www.anxietyglobal.com
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The Gift of *Sisterhood*



There we were, right on Bay Street in Savannah – on a public green space in the misty rain. There were about 30 women in a circle and I know we attracted quite a bit of attention from the people walking by.

Our leader, Kaela, started by addressing our circle....

“I want to tell you a story by Jen Hatmaker about wild female elephants. See, in the wild, when a mama elephant is giving birth, all the other female elephants in the herd back around her in formation. They close ranks so that the delivering mama cannot even be seen in the middle. They stomp and kick up dirt and soil to throw attackers off the scent and basically act like a pack of badasses.

One by one each of us stepped into the center of the circle – that alone took courage – and said “I am birthing....” sharing our dream, and then ending it with “And so it is”. When each one said “and so it is” and got back into the circle, all of us raised our hands in the air with a “trumpet” of celebration “YAY!”.

The rhythm continued while we shared our hearts and our dreams. A new home with a place to host retreats, new programs that will transform the lives of other women, a couple of women were nearing the time they would be birthing a child and they shared what they hoped for their daughters. The dreams were as varied and beautiful as the women who shared them, the whole time surrounded by the stomp, stomp, clap rhythm while being witnessed and held in a space of love and acceptance.

There is nothing more powerful than women celebrating women. Powerful women celebrate each other, witness each other’s dreams, and stand in protection of one another – against all enemies, predators, attackers, and odds. Let’s celebrate the Gift of Sisterhood!

They surround the mama and incoming baby in protection, sending a clear signal to predators that if they want to attack their friend while she is vulnerable, they’ll have to get through 40 tons of female aggression first.

When the baby elephant is delivered, the sister elephants do two things. They kick sand or dirt over the newborn to protect its fragile skin from the sun, and then they all start trumpeting, a female celebration of new life, of sisterhood, of something beautiful being born in a harsh, wild world despite enemies and attackers and predators and odds.”

Listening to the story left most of us with tears running down our cheeks. Then Kaela said, “Each one of you, one by one, is invited into the circle to be surrounded by your sisters. Begin by saying ‘I am birthing....’ and then tell us your dream.”

Picture 30 women in a circle facing each other – right foot – stomp, left foot – stomp, hands clap. Stomp, stomp, clap – stomp, stomp, clap. The rhythmic sound of women standing in their power.

There is nothing more powerful than women celebrating women. Powerful women celebrate each other, witness each other’s dreams, and stand in protection of one another – against all enemies, predators, attackers, and odds. Let’s celebrate the Gift of Sisterhood!

This event took place in November of 2022. I was in Savannah, Georgia for a business conference. A business conference like no other. There were about 30 women there –powerful, like-minded, courageous entrepreneurs. We came together to encourage each other; give ourselves permission to be seen and heard, and to collaborate. I want to thank RISE Leadership Circle for putting that together and for creating a most amazing community. What a gift of sisterhood!



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 or 810.287.4096.

Unconditional Love



In 1970 my older sister and I gave birth to our 2nd babies six weeks apart from each other. Our first-born children were little girls, so we were overjoyed with the fact that this time around, we each had a little boy.

We lived three hours apart, so we hadn't physically seen each other since the birth of our new babies until two months later when I came home for Christmas. She then shared a dilemma she was facing with me.

After her baby was born the hospital recommended chromosome testing be done. The test results showed that he had Down Syndrome. There was no history of this in our family and so she kept this information to herself so she could get comfortable with this unexpected turn in her life. She told this to our parents one week before my arrival, and they were just as surprised and saddened as she was with this news. My parents worried about the possibility that he may never walk or talk, so they told her she should not keep her baby and that he should be placed in a home for children with these problems.

As she told me this, I instantly reached for her. We hugged and cried together and felt deeply betrayed by the perspective our parents took. I told her that I couldn't imagine any mother willingly abandoning her baby and that if she decided to keep him, I would support her in any way I could. So together we stood, two brave sisters, knowing in our hearts that we were doing the right thing. We were afraid of the unknown, but we

faced our fears and spoke our truth. She was not going to give her baby away.

Would our parents stop speaking to us because we were disobeying them for the first time in our lives? Or even worse, might they disown us if we disagreed with their decision? We both were aware that (in 1970) most people thought that if their child was born handicapped (or later in life if a person has an accident or serious illness and becomes handicapped) that it was very bad luck, or it had to be someone's fault, and/or it was a black mark on the family.

I assumed that's how my parents were thinking but for me my nephew's birth helped me learn to look at things differently. Robert Swartz offers a perspective that I like in his book *Your Soul's Plan*. "Being handicapped is not a punishment. There is a fully functioning soul in there that does not have a speech problem. They can see, they can hear, they can think. They choose a very ill-fitting suit with a seam sewn wrong, but what inhabits the suit is purpose." I now believe that there is a reason for everything that happens in life and many times it shows up disguised in a way that we cannot see, nor understand it. The birth of my nephew did have a purpose. It was a new beginning for my family. The beginning of learning what unconditional love really means.

My nephew has continually reminded our whole family that life is about having fun and living in the moment. He has been a great role model for the value of living in the present. He doesn't live in worry or fear and (even at his current age of

53) he always makes choices to do things that feel good to him. Even though his verbal skills are very lacking, he's smiling and laughing all the time. He loves dancing and singing and drawing and cleaning up the dishes after meals. He loves helping everyone and being a friend to everyone. If you want to find yourself smiling every day, live your life like he does. He's not concerned about being right or wrong. Instead, he chooses to focus on being happy.

The only time my nephew shows any signs of anxiety or frustration is when someone is impatient with him or criticizes him. He then becomes sad because deep down inside, he intuitively knows his purpose. He came into this life to help teach those around him how to love unconditionally. He may not be able to express himself in words, but he lives his life with a passion and a purpose full of joy and peace.

My 2023 New Year's resolution is to spread love wherever I go through acts of kindness and compassion for all. My New Year's wish is that everyone around the world stop looking at each other through the eyes of history, which has trained us to live in fear, be competitive and judgmental and live with a scarcity mindset. Instead, may people around the world begin to look at each other through the eyes of Source, with unconditional love and compassion for all.



Suzanne Young is an intuitive life coach. She specializes in the Law of Attraction and empowering others by helping them learn how to

reconnect with their Inner Guidance. 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 and their website is www.psprograms.com. Her office number is 248.349.6225.

february / march

FEBRUARY

03 The Future is Female
World Premiere Comedy
Flint Repertory Theatre
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How far would you go to protect your rights?

16 Self Care Wine Downs
Greater Flint Arts Council
5:30pm

Self Care Wine Downs, creating a social vibe for you to network, relax and destress after work....Self Care starts with us investing in ourselves, our values, vision and purpose. We have poured out now it's time for our cups to be filled back up with excitement, tenacity and power to become better version of our selves. Each month we will have a different community speaker, share a story of success, empowerment & tips on how we can become better version of ourselves. fb: [tarnesa.tuckermartin](https://www.facebook.com/tarnesa.tuckermartin)

25 Michigan Seed Swap
Chippewa Nature Center | 400 S. Badour Rd, Midland
11am-4pm

Michigan's largest seed swap is back!

Join us to celebrate all things gardening with educational presentations, vendors and more! Free admission. This is a buy, sell or trade event... please plan to bring money and/or seeds for exchange. No seeds? No problem! Everyone is welcome to join us! www.CentralMichiganSeedSwap.com.

26 Herbal Medicine Making
Hawthorn & Violet Herbal Apothecary & Naturopathic Services, 1024 N Leroy, Fenton | 1:30pm - 3:30pm

This class will be a hands on demonstration of how to make your herbs into medicine. We will learn about how to make infusions, decoctions, tinctures, poultices, steams, salves, syrups and more.

Class is \$25 in advance, \$30 on the day if we haven't filled up. It's best to register early. This class has a tendency to sell out. Please register on Facebook or call 810-569-6820.

MARCH

10 Celebration of Women
Gateway Hotel & Convention Center
5353 Gateway Centre | Flint 48507 | 11:30pm - 1:20pm
Held in the beautiful Atrium. Swag/ Prizes/ Inspiration. 80 women 10 rounds of 8. Contact office@w2wmicigan.com for more info.

17 St. Patrick's Day Boxed Lunch Sale
901 Chippewa St, Flint
10am - 1pm (see ad on page 30)

gurrri, you did whaaat?!



before



Flip House Vanity

She had been discarded – relegated to the corner in a showroom of hand-me-downs and relics of days gone by. Her age was showing in a tired-looking, worn way, but there was a timelessness about her and at the fair price of \$30, this chest of drawers was destined for upcycling. Something about her resonated with me; she had what we in the furniture rehabbing business call “good bones.” With curves and skeleton keyholes, her charm was indisputable despite the misfortune of having been painted a metallic blue.

Inspecting her intricacies and inner-workings, I found myself counting the nicks and scratches she’d endured through a lifetime of messy fingers, gentle hands, folded garments, and private treasures hidden or stored away. I circled and circled, taking in details and daydreaming about her potential until my eyes met themselves in her mirror and the enchanted moment came to an end. Still, I felt compelled to restore her beauty and became resolute in rescuing her from the musty corner of despair in which she had been placed. Quickly, I made the purchase and arranged for her delivery.

I was working for a pool installation company that flipped houses when the warmth of summer gave way to colder weather. When I found her, winter was harsh and in full swing; inspiration was best practiced indoors. She fit snugly into the bathroom nook and took up residence as the new vanity in the project house we were working on. After some alterations to accommodate plumbing, she was ready for full transformation.

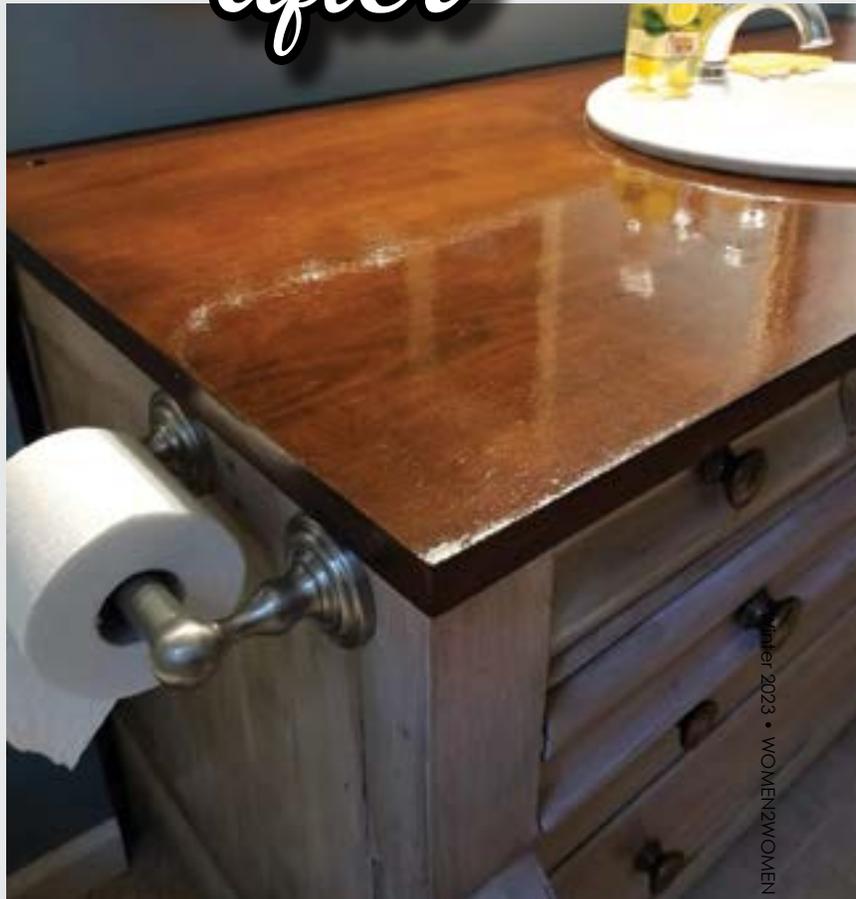
If paint could be a memory, I sanded away years of recollection and as I reached bare wood, I knew she could be brought back to life better than ever before. Gently, I lifted water stains and cigarette burns that had deeply scarred her exterior, working with them until they blended into the grain and became subtle marks of character rather than glaring flaws to trip the eyes. I applied a rich stain followed with a shiny clear coat for added luster and protection. Her sheen reflected beautifully in the mirror above and for a moment I caught a glimpse of myself with a satisfied smile.



The paint on her body seemed more a part of her than what had covered her top. It wasn't damaged except a few minor dings and I decided to let those layers remain a secret shared between us as a delicious reminder of her past. I painted and blended many colors to create a unique cloak for her to wear. Each brush stroke brought joy as she transformed beyond expectation. She was no longer the discarded dresser in a thrift shop; through reinvention, she had found a new purpose. She was home.

Thinking back to that day... Perhaps, there was a greater force or serendipity driving that impulsive, blustery-day purchase. I entered the shop feeling obsolete and unwanted. And there she was, my inanimate twin. I'd allowed myself to see beyond the chipped and dated paint. I saw in her what I wanted to see in myself and I thought, maybe... just maybe there was more zest of life to yet experience. I took a chance on her and in saving her, she rescued me.

► *Kim Hytinen is a Michigan native, freelance writer, dreamer, and lover of interesting vintage and antique goods. As a former small business owner, college administrator, and the mom of three teens -- one of whom is special needs -- Kim's experience adjudicates her propensity to writing on a variety of topics. This article is found on her website: KimHytinen.com.*



Theme Your Year

Happy New Year! Now that the fanfare is over and you've settled in, it's time to make your 2023 resolutions. I know, you're thinking "Isn't it a little late for that?" Well, here's what I'm thinking...you could already be one of the 23% who have broken your resolutions by January's end. So...let's try a different approach to get you into the 46% who succeed until year's end!

Don't feel badly or defeated. Over half of the population is right there with you. I WAS ONE OF THEM!!!

I've tried bunches of ways to get that Velcro "stick-to-itiveness", with little or no success. Until I came up with my annual bucket list! Wahoo, it works for me and several women I've shared it with. Why not give it a try? Can't hurt! Well...maybe a little...but it will be good pain! Growing pain.

Get yourself an attractive new notebook, diary or planner.

Decorate the first page with the year, leaving room for your theme: word, sentence, and song.

Then the fun begins!

01 BRAIN DUMP

Brain Dump: Make a list of things you've been wanting, waiting for, or meaning to do. These can be personal, relationship-related, or professional. Don't hold back! Keep them short and general.

02 GROUP

Group them together by ultimate outcome. I color-code them. For example: Gym, lose weight and eat less meat might all be green for HEALTH. Hard surface backsplash, redo bathroom and update light fixtures would be yellow for PROJECTS. Go to an art museum, vacation, and monthly movie might be blue for FUN.

03 CREATE

After they are grouped, get specific and create a "This Year's Bucket List". For example: lose 20 pounds by eating red meat two days per week, going to gym or walking 3 times a week.

04 SEARCH

From the specific list, search for a one-sentence theme, then a word, then a song. Using the example above, my sentence could be "Challenge myself and change my surroundings". My word could be "Challenge", my song: "Skyscraper" by Demi Lavato.

05 WRITE & DANCE

Write your sentence each night before bed and write your word everywhere! Dance to your song each morning and listen to it throughout the day.

06 MAKE TIME

Put everything in your planner, making time for each. Evaluate all scheduled events, conversations and meetings. Make certain they align with your theme and desired outcome. If they do not...don't do them, don't meet them, don't waste your time and energy.

This method makes it much easier to stay on track and keep focused, without burn out, overwhelm and stress. That includes unnecessary activities and toxic people!

Here's My 2023 Bucket List



THEME
This year I will focus on building up myself and others.

WORD Build

SONG "Till You Drop" by the ItaloBrothers

P.S. Need help? Email me with the subject "theme my year" and code 20W2W and get 20% off your theme consultation with one month's coaching!



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, is dedicated to enriching lives

I hope this helps to make 2023 an epic year for you and yours. Here's to you!

Much Love, Coach Deb

through selfcare, meditation, movement, thought and journaling. She can be reached at 989.450.4200 or deb@mybodymindspirit.com.

2023



You Should

Many of us don't think about taking our phone with us as we walk to the end of the driveway. But, what would you do if you tripped and fell and couldn't get up? What if you got dizzy, or had chest pains? If there's no one inside that would come looking for you, and nobody close enough or driving by to see that you were in trouble, what would you do?

My mom was the first to bring this idea to my attention after my dad died. When she would walk down her long driveway to get her mail she'd call her friend and talk with her until she got safely back into the house. If I'm alone I even take my phone with me to the basement. What if my knee gave out on me again and I fell down the stairs and couldn't move? I could be there for several hours.

This article is not just for caregivers. Anyone who lives alone and doesn't have much contact with others should think about this. But it's especially important when we have others dependant on us. I try to be mindful of my own safety around my home. I'm healthy and in good shape, but there are many freak things that happen, and I want to be able to call emergency if needed. Don't you?

She fell off a ladder, all by herself, no one around for miles, in the back of her house hidden from anyone who might drive down the rural road. She had not taken her phone and had no way to contact anyone. Finally, she was able to get up and walk to the house. My friend didn't have people who contacted her regularly or a job where she would be missed. In fact, if she'd been unable to move, she would have been in an awful situation.

Do you live by yourself, or are you frequently alone in your home? Are you the caregiver to someone who is non-mobile or is unable to use the telephone?

If so, here is something I want you to think about.

My friend could have died, laying there on the ground in the cold. Have you thought about this? Please consider *always* carrying your phone with you *any* time you go outside; getting the mail, shoveling snow, or working in the yard (and of course going for walks or any time you are away from home).

**Please consider
always carrying
your phone
with you.**



Mimi Matthews is in the "encouragement business" as the owner of Empowdment 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, her blog at www.particularpassions.me.

Ten Ways to Level-Up Your Self-Love

These are unique ways you can spend time with yourself

BY JENNIFER GARDNER



Binaural Beats

Grab your headphones and search out an app that resonates with you. *Binaural Beats Theta Waves* is a good app to start. Studies show that at around 7 minutes of listening to binaural waves, both hemispheres of your brain sync up, which allows an improved state of consciousness; including focus, relaxation, better sleep, improved learning, enriched creativity and enhanced intuition.



Grounding

Take off your shoes and barefoot the ground! Twenty minutes of grounding a day improves sleep and energy, normalizes cortisol rhythms, reduces pain and stress, shifts the autonomic nervous system from sympathetic toward parasympathetic, improves blood flow, and reduces inflammation. Contact with Earth's natural electric charge stabilizes physiology at the deepest levels, and generates greater well-being.



Emotional Freedom Technique

EFT is tapping using your pressure points or meridians to restore balance in your energy system. It's used to relieve physical pain and emotional anxiety, and shift mood. Learning this quick and easy technique can help you easily relax or find relief when stressed or in a negative mindset. www.healthline.com/health/eft-tapping



Mirror Work

Find a full-length mirror and some undisturbed alone time. Stand or sit in front of that mirror for a while (no less than 20 min) and stare into your own eyes. Very subtly, get a sense for yourself, take many deep breaths and relax into stillness. After you feel your body settle down, ask yourself questions or repeat affirmations. "Do I love myself?", "Who am I?", "I love you", "You are worthy of love." Be there for yourself until you feel a shift take place.



Scripting

Grab your journal and tap into your ideal self. Find the woman within you that you want to be and *are* when you are at your best. Script her out - from your perspective and from hers. Write her story, ask her questions, let her tell you who she is. Connecting with this hidden side of yourself can open up many awarenesses about yourself that you would never have realized otherwise.



Ecstatic Dance

Are you feeling stuck? Every emotion, memory and trauma is held within your body, so it could make sense for you to heal yourself through expressive movement. Find freedom in a no-judgment zone, where you can BE and BEcome yourself. *Ignite Body Freedom* is a donation-based class held twice a week in Brighton, more info here: facebook.com/ignitelifewithjoy. Open your energy centers and let yourself loose!



Sensory Deprivation

Whether it's a completely dark and quiet room or a flotation tank, getting into the theta state allows your brain to stop processing signals from your nervous system. After your body is fully relaxed, your mind clears and your creativity kicks in. This state of BEing is our natural self and where our surplus of inspiration is held.



Detox

Two types of detox methods suggested are a sugar detox and doing enemas. A simple sugar detox might look like a week to eliminate all sweets and processed sugars. If you want more of a challenge, try an enema. Coffee enemas are great for detoxing the liver quickly and therefore eliminating toxins from other parts of your body. Consult your doctor before trying this.



Tai Chi / Qigong

Develop a new vitality, enthusiasm and harmony within. Tai Chi is known as "meditation in motion" and Qigong cultivates your *Vital Life-Force*. When you practice these modalities, you discover yourself more deeply and improve wellbeing. You can find many free classes or apps available online. Heal and feel into who you are.



Wim Hof

Breathwork is the most fundamental skill you can have to transform yourself and your body. Wim Hof meditation breathing is an "extreme" form of breathwork that works on a molecular level, and progresses various chemical and physiological processes in the body. You can find the *Wim Hof method* here: www.wimhofmethod.com/breathing-exercises



Activating Your *Self-Care* Power

It's time to activate your Self-Care Power

and become a healthier versions of you. I'm writing this article to discuss the importance of self-care and how it significantly impacts your well-being and leads to better healthcare outcomes. Self-care does wonders for your mind, body, and soul. It restores your capacity to love yourself and value who you are as a person.

The dictionary defines self-care as the practice of taking action to preserve or improve one's own health. Such as the practice of taking an active role in protecting one's own well-being and happiness, especially during times of stress. It's a decision-making process that empowers individuals to look after their own health efficiently and conveniently, in collaboration with health and social care professionals as needed.

When it comes to self-care one must be okay with setting boundaries that reduce stress and allow capacity for better health care outcomes. As a trained health care professional, filling the role of a registered nurse for over twenty two years, I cared for a diverse population of patients. I have learned the importance of practicing self-care and how it is the main ingredient for stabilization of one's mental, emotional, physical, and social well-being.

For many years I thought the definition of self-care was shopping and spending money on services that added to my

beauty. I had no idea that self-care was really about activating my health care power; annual checkups and setting boundaries to attain work/life balance.

I learned through trial and error that the priority for self-care is not based upon how good people look, but about how good people feel about themselves. It's about reaping benefits of eating right, exercising, and sleeping through the night without worrying about the plans of the next day.

Self-care is not about checking the box and crossing off completed tasks, it's about living a healthy and fulfilling life filled with joy, peace, and purpose. However, so many of us are so used to robbing ourselves to accommodate others, we forget to make sure we have enough energy to take care of ourselves at the end of the day.

I have coached many moms, wives and health care providers on the importance of setting boundaries and making time for themselves to prioritize their health. I remember a few years ago, I kept canceling my yearly exam with my OB GYN. I didn't have time to go, my work schedule was hectic and my son's basketball schedule consumed most of my time after work. One year my friend, who happened to be the assistant nurse manager, said, "This year Boss, you are not canceling your appointment. I will cover everything while you go to the doctor". I want to say, keeping that appointment changed and saved my life.

I found out I had fibroids and needed to have a hysterectomy. Of course my physician gave me a self-care talk and lecture, which is why I am now an advocate for self-care. Many times I neglected myself, put myself last and thought my purpose was to care for everyone else. I often wonder what would have happened if I hadn't kept that appointment.

I can share so many experiences of crashing and burning and taking no time to take care of myself. I didn't want to feel selfish or that I wasn't a good person, mother or manager. I discovered it's okay to make your health a priority and add yourself to your agenda of life.

The question for you today is: are you ready to stop procrastinating and make the decision to put yourself first by setting boundaries and saying no?

To help you get started with your self-care journey, I am going to share a tip that changed my life and empowered me to become a self-care advocate and life empowerment coach. *Life is full of choices and decisions that you must learn to make for yourself.* I was not good at setting boundaries for myself because my focus was always on caring for others, plus I was a people pleaser. I didn't like to let others down, even if it meant letting myself down and working while feeling exhausted, tired and mentally drained.

It's time to activate your self-care power and establish personal boundaries between you and the other people in your life. Redefine who you are and take responsibility for your reality. Only you know what you are capable of, what gives you joy and peace, or disrupts your peace and leaves you walking on egg shells. It's okay to be about your business, mind your business and take care of your business.

By no means am I telling you not to help others and to stop being a caring person. What I am telling you is that you deserve the same kind of love. Love starts with loving yourself, and putting in the work to become a better versions of who you are.

I have finally found the strength to set boundaries and I am no longer focused on pleasing others. Self-care is not a destination; it's a life-long journey of decisions.

I am learning how to say NO, prioritize my day and do things that build me up spiritually, mentally and emotionally. I set aside time to exercise, and I make sure I keep all doctor's appointments.

Studies say that more than 59 percent of America's women are in the labor force. This means they are juggling careers, marriages, family activities and the day to day operations of their households, which is why self-care is so important.

We have normalized caring for others as a priority and now it's time to include ourselves. Self-care is not synonymous with self-indulgence or being selfish. It is essential and gives us the inner power to emotionally, physically, spiritually and mentally nurture ourselves.

Studies have shown that women who exercise regularly, eat right, and get sufficient sleep are more likely to find satisfaction in their work and personal lives, therefore reducing depression, anxiety and illnesses such as heart disease.

I used to think self-care/self-love was a topic that authors used to play on the hearts of people and sell self-care books--until I crashed from the lack of self-care. Now I'm frontline advocating for self-care and doing what's necessary to keep myself healthy, thriving, and empowered to live my blessed life.

I dare you to activate your SELF-CARE power by becoming a better version of you! It's okay to put yourself first. Start the process today.

You Got This!!!

Your Self-Care & Empowerment Coach
Nurse T



Tarnesa Martin, aka Nurse T, is a health educator, community advocate, writer, motivational speaker and certified life, health, and empowerment coach. She specializes in helping individuals with healthcare management.

Self-care is not a destination; it's a life-long journey of decisions.

So many of us are so used to robbing ourselves to accommodate others, we forget to make sure we have enough energy to take care of ourselves at the end of the day.

✖

Studies have shown that women who exercise regularly, eat right, and get sufficient sleep are more likely to find satisfaction in their work and personal lives, therefore reducing depression, anxiety and illnesses such as heart disease.

Being Intentional

I love

the word “intentional”. It makes me think of “on purpose” and not just left to chance. And choices. Choosing.

We know that all choices bring consequences and that we are faced with a bazillion (slight exaggeration) choices each day. Some of those are pretty inconsequential. But some are actually life-changing.

I doubt that I need to clarify that choosing to have ice cream every night carries much more of a consequence than choosing whether to have mint chocolate chip or strawberry.

With that being said, here are some ideas to help you look with intention at your choices for the year (and life) ahead.

BE INTENTIONAL ABOUT

- ✦ the words you speak and listen to
- ✦ those whom you allow to speak into your life
- ✦ pursuing your calling, and recognizing the gifts you have to offer
- ✦ wearing clothes that bring you joy or just feel good on your body
- ✦ saying yes to new experiences and invitations
- ✦ making smart purchases
- ✦ spending time on yourself—without guilt
- ✦ focusing on your loved ones without the competition of any kind of screen
- ✦ spending time in nature
- ✦ moving your body
- ✦ eating whole foods without toxins
- ✦ setting goals for taking care of your health—and then accomplishing them

Mind you, although these may sound like “resolutions” they are not. Being intentional is a way of life. It’s being aware and conscious of our *choices* then setting on a life-path that is fulfilling, nurturing, and healthy for our spirits.

We hear a lot about “mindfulness” these days. I like to take it a step further.

Mindfulness is a noun... intentional is an adjective, a way of doing something.

Mindfulness is “being”... intentional is being on purpose. Mindfulness is awareness...being intentional is walking that awareness out. How can you choose to be intentional this next month?

And don’t forget to shine your light!

Mimi Matthews is in the “encouragement business” as the owner of Empowrdment 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, her blog at www.particularpassions.me.



Are You Full of *Zeal*?

One of my favorite four letter words is 'zeal.' It's been on my business cards for the past 15 years, and it generally sparks a conversation because many people don't seem to know the meaning. The word 'zeal' implies an energetic pursuit of a goal or devotion to a cause. It is the intense emotion to be excited, live with passion, excitement, and fervor, and to live with a positive outlook and enthusiasm in all things. Living with zeal is something I aspire to live with every day.

I often hear people say, "I have no other choice," but truly, we all have a choice! The key is to be responsible for your own thoughts and actions. You get to choose to be truthful or deceitful, to be fearful or courageous, to be cautious or adventurous, to be meek or bold, to live intentionally or just let life happen. You get to choose whether or not you make the conscious choice to be happy and filled with excitement while you clean your house, go to school, or even drive to work.

If this isn't something you are used to doing, you may have to really reflect on what you are saying to yourself throughout your day! Do you often allow thoughts of, "I can't," "I don't know how," "I don't have," or "I'll try"? Is your mindset focused on the lack of friends, money, time, etc? If you are brave enough, ask someone you respect to also constructively evaluate you.

You may indeed have a lack of time or money, however, it's important to stop telling our brains what we don't have, and instead, focus on what we want to have in our lives. While I am a realist, I do believe that "life and death are in the power of the tongue." What we speak

usually seems to happen. I remember when my boys were growing up, I would say, "don't spill that," and guess what happened? Every single time they would spill. A better choice would have been to say, "hold it tight" or "keep it upright." If you keep telling yourself that you're too sick, that no one loves you, that you don't have friends, that you're too shy, that you can't lose weight, or that you're not talented enough, then you'll have no hope. Why would things ever change with that mindset?

2023 is upon us, so I invite you to set out to be intentional and live with zeal everyday. First, speak life over yourself to start taking care of your mind and soul, so you can eagerly serve others. When speaking over your own life and the lives of those around you, always edify and build up one another. Second, choose your thoughts and actions to be that of audacious, brave, passionate, loving, grateful, and venturesome in nature. Lastly, live with a pure heart in constant awe and wonder, knowing that you were created for a meaningful purpose that you need to fulfill.



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.

Tough Love

**What if I told you
that true love is
not always nice?**



LOVE is defined as a feeling of affection. However let's reframe it as more than that: Love is a power. This means it is a force behind action. *Love power* is a force behind action that is taken from our unique highest perspective for the benefit of ourselves and others (even if it leads to greater challenge). This love looks beyond short term gain and the dopamine from good feelings and instead looks at the big picture for greater good.

When love power is engaged it may look very different from the "affectionate love" we commonly think of. For example, it has become a cultural norm to hold back speaking out truth in order to protect someone's feelings. And many would call this an act of love. Alternatively, with love power if there is something that needs to be communicated, we communicate it even if it is uncomfortable for us or them as long as it gives greater benefit. We ask ourselves the question: "what will lead to the greatest benefit for this individual in the long term?" "Do I let them continue to live in their delusions, or do I share some hard truth?" Often it is these hard truths that will present them an opportunity to grow and heal.

How can we engage love power in our "love" relationships? It's a matter of looking at the big picture and asking the tough questions. Do we let our partners play small? Do we let them take advantage of us? Do we allow unhealthy relationships to continue as is because we don't want to hurt them (or ourselves)? What if we looked at the broader perspective? Is our lack of action allowing our partners to perpetuate old unhealthy patterns and is that really allowing them to grow as a person? These are tough questions, but important ones. And sometimes it is the toughest love that can help us to move the furthest along our path.



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 and facebook: [ignitelifewithjoy](https://www.facebook.com/ignitelifewithjoy).

little women: kidpreneur



top:
Natalia on
the right
and Wren
on the left



bottom:
Natalia at
her stand

Last spring, my daughter Wren and I stopped by a cute lemonade stand in Linden run by Natalia, a third grade entrepreneur-in-training. Since then, she and Wren and her mom and I have all become good friends, with business ventures being a central topic of our discussions. Natalia is a remarkable little girl, and every time we visit them she has a new product she is working on.

She has been inspired by her dad, who had provided Natalia and her two sisters with his knowledge of entrepreneurship. Since his passing, they like to keep his spirit alive by engaging in start-up business ideas.

"When I get older, people won't buy it cuz I'm not so cute!"

Why did you start your lemonade stand?

I think I started my lemonade stand is because I'd be an entrepreneur and I'd get smarter. I would be better at making business when I'm older.

What got you excited to have a lemonade stand?

That I was gonna be making money so I didn't have to beg my mom for something and I could just get it myself.

What did you learn from this venture?

I learned that when I get older I'd probably be better at college grades because I did that when I was younger and I knew how to do it and I knew how to run a business.

What would you like to share about the process of the lemonade business?

It was actually really simple and easy and I made a lot of money that I stored up.

What do you plan to do moving forward or next summer?

I am being productive. I am making bracelets, making pillows, and next summer I will be doing my lemonade stand again. I think I might be adding straws with the lemonade. I also want to do cider and hot chocolate too.

What are your plans in the next few years?

I think I should get a more grown-up job, like the stuff that I save up these next few years could go to buying a building and selling clothes.

Like I said, Natalia is a remarkable little girl!

Do you know of an inspirational "little woman" who has started a business or some other endeavor? Email Lesley@FirecrackerSocialMedia.com.

Classic
Lemonade
Stand

BY JENNIFER GARDNER

What's the Skinny on Jeans?



Jeans are a staple in just about everyone's closet. They have evolved from the late 1800's, when they were worn for men's work attire to the casual fashion standard.

There is so much happening with jean trends right now. We have lived with the skinny, mid-rise jean trend for the last 8-10 years, while the 90's baggier style has snuck back into style a few years ago, like a teen climbing in through his bedroom window in the middle of the night. These high waisted "Mom jeans", as they have been coined after non-trendy moms who never gave up their 90210 style, have been the rage and are still the go-to jean today.

While skinny jeans, being a classic, will never really go out of style, there's been a move toward more relaxed denim silhouettes over the last few seasons. Y2K's influence on fashion is in full force, and there is no stopping these resurgences of trends in denim. That looser fit and a lower waist (Low riders- yes, those Apple Bottom Jeans) will gain more momentum in 2023. Here's what you can find trending in denim.



Embellished Jeans

I hated to see people wearing those bootcut jeans with the white stitching and the bling embellishments on the back pockets that went to the thrift stores in 2005. They made me cringe. Well, the joke is on me because these relics are rising from the Y2K ashes and making a comeback. Call it the Yellowstone effect, where people are wanting to be like the Duttons and wear their jeans over their boots again.

Puddle Pants

These super baggy, longer jeans slouch over the shoe and hit the ground. Quite the opposite from the cropped style that has been trending through the late 2010's which has been paired with short boots and sneakers. These look great with a chunky athletic shoe or ultra mini Uggs, which have miraculously come back into style, as well.

Cargo & Utility Jeans

These fan favorites from Y2K have crept back into retailers and are being worn by social media influencer. The newest version of these fan favorites have a high waste with a wider leg, but still as many convenient pockets as their predecessor.

There are so many jean styles to choose from - The wide leg, bootcut, boyfriend, flare, split leg, baggy, mom, jogger, jegging, cargo, utility, embellished, puddle, straight, skinny, wide ankle, high waisted, low rider and mid-rise. So, how do you choose? Find a style that flatters your body type and stick with it if that's what you are most comfortable with. If you want to keep up on the latest trend? Shelve the skinny jeans, and rock those cargos like it's 2004!



Meet Michelle Shook – Trend Tea's brainchild. She's an award winning, influential marketing and branding guru with expertise in retail, fashion, real estate, home remodeling and home décor. Her day job consists of managing Birch Run Premium Outlets and she has all the scoop on the best deals.

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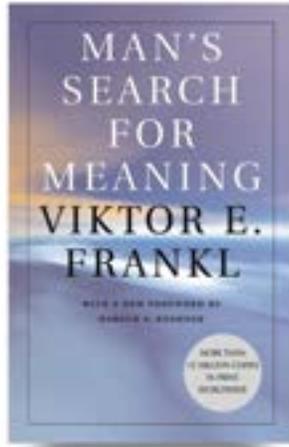
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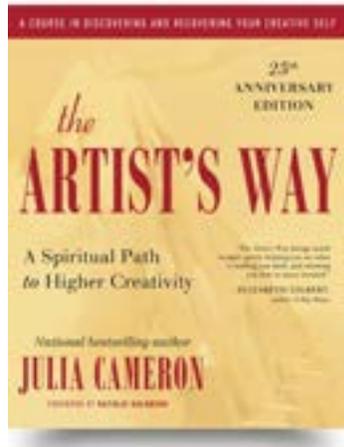


Man's Search for Meaning

by Viktor E. Frankl, William J. Winslade

Psychiatrist Viktor Frankl's memoir has riveted generations of readers with its descriptions of life in Nazi death camps and its lessons for spiritual survival. Between 1942 and 1945 Frankl labored in four different camps, including Auschwitz, while his parents, brother, and pregnant wife perished. Based on his own experience and the experiences of others he treated later in his practice, Frankl argues that we cannot avoid suffering but we can choose how to cope with it, find meaning in it, and move forward with renewed purpose. Frankl's theory—known as logotherapy, from the Greek word *logos* ("meaning")—holds that our primary drive in life is not pleasure, as Freud maintained, but the discovery and pursuit of what we personally find meaningful.

At the time of Frankl's death in 1997, *Man's Search for Meaning* had sold more than 10 million copies in twenty-four languages. A 1991 reader survey for the Library of Congress that asked readers to name a "book that made a difference in your life" found *Man's Search for Meaning* among the ten most influential books in America.



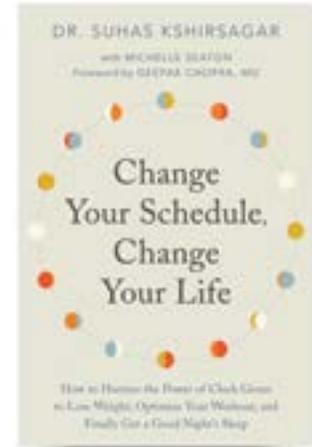
The Artist's Way

25th Anniversary Edition

by Julia Cameron

"Without The Artist's Way, there would have been no Eat, Pray, Love." — Elizabeth Gilbert

The Artist's Way is the seminal book on the subject of creativity. An international bestseller, millions of readers have found it to be an invaluable guide to living the artist's life. Still as vital today**—or perhaps even more so—**than it was when it was first published twenty five years ago, it is a powerfully provocative and inspiring work. Julia Cameron reflects upon the impact of The Artist's Way and shares additional insights into the creative process that she has gained. Updated and expanded, this anniversary edition reframes The Artist's Way for today's creatives.



Change Your Schedule, Change Your Life

by Dr. Suhas Kshirsagar, Michelle D. Seaton

An eye-opening handbook from a leading Ayurvedic physician that blends cutting-edge science on "clock genes" with ancient eastern wisdom to help us understand how to harness the power of chronobiology to effortlessly lose weight, sleep better, exercise stronger, reduce stress, and boost our wellbeing.

"It's not you, it's your schedule." Does it sound like magic? It's not. We've all heard of circadian rhythms—those biological processes that give us jet lag and make us night owls or early birds. But few of us know just how profoundly these diurnal patterns affect our overall health.

Marrying ancient Ayurvedic wisdom with the latest scientific research, Dr. Suhas Kshirsagar's holistic step-by-step 30-day plan gives you the tools—and the schedule—you need to transform your life. With diagnostic quizzes to determine your specific mind-body type, you will learn to adapt your schedule for effortless wellness for life.

*book information found at www.kobo.com



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