

# Lighter Within

A new way of being

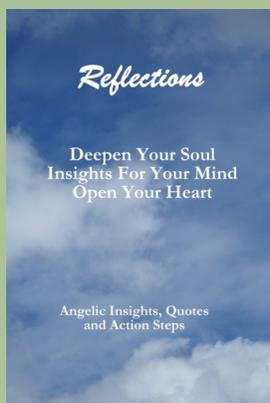
**For Questions or  
Availability  
Contact:**

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**JOLEN'S NEWEST BOOK  
*REFLECTIONS***



## **Program Outline**

### **When Anxiety Attacks: 3 Steps to Quieting the Storm Within**

#### Speech Description:

Do you feel your life is spinning out of control and you wonder when the “Merry go round” is going to stop? Where did the peace and happiness go? Do you feel numb or worst yet, empty and lost?

Have you ever gone through such a difficult time, full of hardship and struggle that it changed the course of your life forever? If you are like most people I am sure you can relate to these questions. You may even be wondering, “How do I create a new life for myself?” I will show you how to take your life back, find the joy that you lost, open your heart and reclaim your power again. Learn how to restore yourself by resolving your painful emotions of anger, resentment, shame or guilt.

You will...

- Discover how to counteract the negative thoughts from replaying in your mind.
- Learn the secret to letting it go.
- Shift your perspective to create the life of your dreams.

Learn how to effortlessly release the stress, suffering and negativity to find your personal freedom and empowerment by creating the life you have always imagined. Unlock your unlimited potential to live a life of abundance, happiness and peace today.

Jolen was diagnosed with stage 2 Paget's disease, a rare form of breast cancer, while going through a custody suit. Then, in 2010 Jolen survived kidney cancer. This led Jolen on her personal, emotional, healing journey. She learned many benefits that she would like to share with you. Jolen uses her wisdom and experience in helping you release your hurtful emotions caused by a difficult event.

**To Book Jolen To Present On This Topic, Contact:**

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