



# LIVING FROM THE HEART

TUESDAYS, 9/20/11 THROUGH 11/29/11

*A ten week telecourse on living freely and authentically in intimate relationships. Cost: \$297*

**Are you ready to move beyond survival and thrive? Don't retreat into the dreary forest of mediocrity! You can fill those longings for deep, authentic relationships and spiritual depth as you grow in your awareness of what motivates and restricts your thinking, feelings, and actions. This course will help you find life the way you WANT to live it!**

#### **Topics for the ten weeks are:**

- 1- It's All About How We Think-Creating Awareness for New Possibilities
- 2- Becoming Courageous Individuals- Stepping into Your Authentic Self
- 3- Telling Yourself the Truth- Confronting False Beliefs
- 4- Choosing Trust- Overcoming Fears of Being Known
- 5- Vulnerability- Letting Go of Survival Ways
- 6- Attachment Paradigms and Problems- Moving into Security
- 7- Communicating for Intimacy- Going from the Head to the Heart
- 8- Boundaries in Relationships- Finding Your Voice
- 9- Radical Self-Care- Being Responsible for You
- 10- A Commitment to Thrive- Deepening the Journey

Misa Leonessa Garavaglia is a Life Coach, Spiritual Director, and transformation specialist with a passion to share the hope she has found healing from childhood trauma. She is an advocate for survivors of childhood abuse and a guide to those ready to move beyond survival and thrive. She helps individuals break generational patterns of fear and pain to live in their new inheritance of life, love and joy.



#### **FREE Introductory Session!**

**Join us Tuesday, September 13th at 7 pm Pacific time to meet Misa and hear more about the course.**

 **Life Coaching**  
**Misa Leonessa**  
Be free to thrive!

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