

Women's Volume Two Writers' Bios



Leilan Adair

Leilan (sounds like ee'lon) is a certified Usui Reiki Master and Reiki Instructor. She loves introducing people to energy adjusting modalities such as Reiki, Crystal Therapy and Access Consciousness: The Bars and Body Processes and Axiatonal Alignment. She offers Distant Energy Adjustment sessions, as well. Leilan is working at the (soon to be opened) 'Inner-gy Center' at Healthy Foods & More in Waterloo, Ontario. She can be reached at C# 226-972-8396.



Leah Frieday

Leah's passion lies in assisting women to overcome the obstacles we all face daily, and to hinder the voices of the past from dictating our lives in the present. Together with a collective of healing muses and magical musicians, she shows us how to find our hum by providing the chance to write or rewrite the melody of our souls.



Charlene Jones

Charlene hosts Off the Top, a radio program for www.whistleradio.com where she interviews writers.

Look for her latest book, *Medicine Buddha/Medicine Mind* on the power of visualization supported by neuroscience.

www.soulsciences.net



Annie Kaszina

Annie Kaszina, Ph.D, is a women's relationship coach, international speaker, and author of "The Woman You Want To Be", "Married To Mr Nasty" and "Do You Choose Your Dog More Carefully Than Your Husband?" She has spent 10+ years helping women to stop struggling with despair heartache, and self-doubt so they can enjoy the happiness, success, and fulfilment they deserve. Annie is passionate about sharing everything she has learned that makes a powerful difference, and has posted a wealth of valuable free resources on her websites:

www.recoverfromemotionalabuse.com

www.anniekaszina.com

www.ChooseYourMan.com

To connect with Annie, email annie@anniekaszina.com with the subject line: Personal



Lisa Lindsay

Lisa lives in Guelph. She is continuing her grief journey and living more deeply with each step. She wrote her story in memory of her mother.

Death is not extinguishing the light, it is only putting out the lamp because the dawn has come.

Rabindranath Tagore



Deb Maybury

Deb is an entrepreneur, author, speaker, musician, facilitator and advocate who specializes in sexual abuse recovery and helping people realize and share their unique gifts. Please visit her website at www.debmaybury.com.



Kim Murphy

Kimmy is a holistic nutritionist looking to lead a healthy life and learning to love herself. She is passionate about helping people become healthier through fitness and food. Kimmy can be found walking the Northern California streets with her two best friends, Sunny & Terry (puppy and husband respectively). When Kimmy's not making and eating delicious vegan food, working on her blog, or volunteering, you may find her with her nose stuck in a good book.



Deborah Peniuk

Over the last 15 years, Deborah's travel consulting expertise and her leadership as an entrepreneur have been celebrated by various communities, such as Women's Post which is a magazine designed for professional women and The Karina Chronicles, who acquired her as one of their Brand Ambassadors. In addition to running AYA LIFE, Deborah writes articles and reviews for many Food and Travel events and products as well as a new lifestyle blog, *Life, Bliss and All of This*.



Kayleigh Radatus

Kayleigh is a Personal Empowerment Mentor, Certified Life Coach, and Certified Level 2 Reiki Practitioner. Her mission is to inspire hope and dreams, to encourage, support, and uplift, and to bring more joy, happiness and love into the world. In support of this mission, she created the "This Groovy Life" line of empowerment tools that includes; handmade semi-precious gemstone jewellery, pendulums and bookmarks, Remembrings Cards, and the Home Edition of her popular Beadiful Intentions Workshop. She also conducts one-on-one mentoring and Reiki sessions, empowering oracle card readings, and group workshops. She can be reached through her website; www.kayleighradatus.ca.



Laura May Roth

Laura May is a Guelph native with a knack for adventure. In 2013, Laura May completed here Masters in International Affairs from the University of Ottawa. She currently works for the Federal government in the nation's capital pursuing her career in the area of foreign policy. Born with an extra travel chromosome, Laura May has ventured to over 50 countries. She's sipped wine in rural Italy, backpacked through the Middle East, and dove with sharks in the Galapagos. She even celebrated Christmas on the Trans-Siberian Express. Taking pictures and revisiting old travel journals inspired Laura May's *The Road Less Travelled*.



Valerie Senyk

Valerie earned a BFA in Fine Arts while a single parent, and an MA in Drama from the University of Saskatchewan, and taught Theatre at universities in both Saskatchewan and Ontario for over 20 years. She is an actor, director, performance poet, and visual artist. She's been published in many journals and has a collection of poetry,* *I Want a Poem**, published by Vocamus Press, 2014. She is blessed with three amazing sons and six grandkids, and attributes her continued learning and creative adventures to her long-standing adherence to the Baha'i Faith.



Jessica Sgrignoli

Jessica graduated from Brock University with a Bachelor of Arts major in Psychology. She is currently enrolled at the Canadian College for Massage and Hydrotherapy, and wishes to incorporate Massage Therapy into her current practice in the field of Alternative Medicine. Her desire is to support female helping professionals on their healing journey to wholeness through the use of Yoga therapy and Ayurvedic body treatments. Jessica believes self awareness and unconditional self-care to be key components to restoring physical, mental, emotional and spiritual equilibrium. Please visit Jessica at www.journeytowholeness.ca.



Evelyn Taylor

Evelyn is a storyteller through music and spoken word poetry. She uses her art to connect with others with similar stories of hurt and healing. Only through sharing stories can we truly heal ourselves.



Doris Turner

Doris has been operating a successful consulting firm for the past 26 years and has nurtured two astonishing and courageous sons on her own. They have also greatly contributed to nurturing her. She has always “known” she was supposed to write. Being involved in and/or reading multitudinous sources of spiritual growth writings for decades, plus riding out her own life experiences, has enabled Doris to “allow / forge” a paradigm shift within her, so that she can share her discoveries and hope with others. .