

Ann's Narrative Bio

For seven years I have been soaking up the beauty of the Ozarks here in Southwest Missouri. I really enjoy being here. I am able to spend my time working as a life coach and writer and do workshops and facilitate support groups in the area. I work out of my home and consider myself very fortunate to be able to do that!

Yet what I do isn't all that I am. I strive to 'be' peaceful, nonjudgmental, positive, compassionate, aware. I am on a wonderful spiritual path that will eventually lead to becoming a Licensed Unity Teacher for the Unity Church movement. I am also drawn to the Buddhist teachings and enjoy regular meditation. I believe our thoughts and words have power; that 'what we think about comes about,' so I try to remember that throughout the day.

Like many of you I am still figuring out this budget stuff, continuing to cope with the weight issues (I am now doing CURVES, walking, and water aerobics), and working through trust issues so that Mr. Right can come riding into my life. I prefer he do it in a great car as opposed to on a horse! While I don't have a family of my own, I am beginning to be concerned about older relatives' care and the best way I can help.

I am grateful for my Goal Sister, Michelle, and the support she has given me over the years. We are both happy to meet you and hope that our book will encourage and inspire you to receive even more good in your life!