



Healing Is a Journey: Find Your Own Path to Hope, Recovery, and Wellness

By Minx Boren

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By Minx Boren

With this book, Coach Minx, as she is affectionately known, explores the power and capacity we each have to rise to the challenges we face. Whether they are physical, emotional or financial, she encourages setting apart quiet time to reflect on our circumstances and connect with our wise inner voice. Through reflective poetry and prose, she shows us that hope happens when we choose to focus our attention on what is possible and that healing takes place when we decide to do more of the things that bring us joy. As a life coach, Minx Boren is committed to inspiring people to discover optimistic approaches to personal fulfillment and well-being. Her innovative work in the fields of health, nutrition, self-awareness, and relationships has shown that when we create time and space for whatever it is we are searching or longing for, we can purposefully affect the quality of our days and, by extension, our life.

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Editorial Review

About the Author

Minx Boren is a Master Certified Coach credentialed through the International Coach Federation. She is also a motivational speaker, workshop facilitator, columnist, and poet.

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