



Ride the Wave: Journey to Peaceful Living

April O'Leary

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If losing her father to cancer at age twenty-one wasn't enough, by twenty-nine April was married with three girls under the age of five. Normally happy and carefree, April found that she was drowning in consistent anger and frustration which was causing conflict all around her. She was able to break the cycle and is now sharing her simple journey to peace with you. Ride the Wave will take you on a journey to: *Create more harmony and happiness in your relationships. *Enjoy life more by releasing anger, resentment and frustration. *Identify your 'trigger moments' and transform them into peace. *Be the calm and collected woman you have always wanted to be! If you are ready to slow down and transform your world from the inside out, let's get started!

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