

IN THE LIMELIGHT WITH
CLARISSA

MEET THE HONORABLE
GIUSY VERSACE:
ATHLETE, DANCER,
WRITER, POLITICIAN

OF HAIR
AND
HUMANITY

A PROBLEM OF PRIVACY
SOCIAL YOU-AND-ME-DIA

ARTIST
KATHRYN HENNEMAN

MENTAL HEALTH:
A PSYCHIC
PSYCHOLOGIST



No Problem-ability

with

Giuseppina 'Giusy' Versace
Athlete, Dancer, Writer, Politician



CLARISSA BURT AND MARY L. HOLDEN

Problem and ability. These two English words met their Italian counterparts (*problema* and *capacità*) in the body of Giuseppina 'Giusy' Versace sometime after August 22, 2005.

Prior to meeting fate on a rain-slick motorway in southern Italy, Giusy worked as a manager for a high-end fashion company (not Versace, although Gianni, Donatella, and Santo are cousins). She was on her way to see a client when the rented automobile she was driving smashed into the concrete median. Her injuries necessitated amputation of both legs below the knee.

With strong determination to recover her health and well-being, she won a personal injury lawsuit, was fitted for prosthetics, and took every step possible towards her new life. She says although the accident ended one segment of her time on Earth, it gave her "many new opportunities."

In the 16 years after the car accident, Giusy Versace:

- Became a Paralympic athlete as a runner who competed in 100, 200, and 400-meter events, even though she was not an athlete in her earlier years
- Was elected to a seat in Parliament as a member of Italy's Forza party
- Founded Disability No Limits, a charitable foundation that supports the playing of sports by disabled children
- Took a position as an ambassador for Save the Dream, a national project of the Qatar Olympic Committee that promotes sports for youth

- Was a competitor on Italy's version of "Dancing with the Stars," and won
- Wrote and published two books—an autobiography and a book for children
- Became a sports journalist on Italian television

The opportunity to interview Giusy Versace on a video conference call was interesting. We discovered that she is a person who generates the incandescent light of faith and optimism. What we noticed—and will remember forever—is the way she smiled her way through all these questions while giving us answers in tones of joy.

ITL: Of all your careers, which one brought you the greatest satisfaction?

Versace: This is not easy to answer because even though they all offered challenge, each brought opportunities for joy. After the accident, while still working in the fashion industry, I had to fight to keep my position. The name Versace was not an advantage! After four years, I stopped fighting, started expanding. I decided to become a dancer, and a runner. It was at that time I participated in "Dancing with the Stars."

ITL: How did you come to terms with using prostheses?

Versace: When I had the accident, I was 28 years old. I saw my family suffer, especially my mother. My accident was a terrible moment for her. I'm not a parent myself, so I cannot exactly imagine how she felt.

I realized that my love of challenge inspired me to make the people I love, and who love me, be happy. So, I worked hard to make myself better, and part of that was using the prostheses. Someone told me that I would never be able to run and that's what made me decide to run. When I run, I feel alive...the prosthesis is not part of it...when I run, I feel as if I can take on the world! I never thought I would go to the Paralympic games, but I kept showing up and doing my best.

Sometimes, wearing prostheses is painful. I needed to do a lot of work and training to keep my thigh muscles strong and maintain balance. However, the joy of running is greater than the pain.

ITL: Were there significant moments in your path of healing?

Versace: Yes, but at first, I did ask, "Why me?"

In 2014, I visited Lourdes in France to express gratitude for my life to Mary, the Holy Mother. I cried while thinking again, "Why me?" but I heard a voice say, "Why not you?"

When I told my mother about the experience, she said, "Maybe God chose you because you have a great mission."

Life is not easy for women in the first place, and a woman's legs are a part of her femininity. As a woman with prostheses, there are times when they hurt, and I want to throw them out the window! But then, I'm able to find the joke, the humor.

My best moment—perhaps ever—was at the 2015 Carnevale in Venice. It includes an act known as Volo dell'Aquila [Flight of the Eagle]. I was the person, dressed as the eagle, and I dropped from the bell tower in flight. As I flew, I cried tears of happiness because I knew then that I could walk, run, dance...and fly.

ITL: How did you meet, navigate, and find success with the challenges you undertook after the accident?

Versace: Preparing for "Dancing with the Stars" was difficult. I trained daily—day and night. It felt incredible to win!

After I wrote my autobiography in 2015 (*Con la Testa e Con il Cuore Si Va Ovunque* or, *With Your Head and Heart You Go Everywhere*) my story was adapted for theater. It was amazing to see my story being told on a stage.

Then, in 2018 I wrote *WonderGiusy* for children because the idea came from a child who'd watched me in training for the Paralympics. He told me I was his "superhero" and asked questions about my prosthetic legs.

I love a challenge, and right now I'm focused on three things: the Disability No Limits foundation to support ways in which children with disabilities can choose sports to find opportunities for growth and joy; supporting the Centro Sportivo Esercito, the sport section of Italy's military forces, formed in 1960 after Rome hosted the Olympics; and fighting for equal opportunities for women and the disabled.

I study culture and economics, especially funding, to rise above politics and make a better world for all people.

ITL: You've inspired many people. Who inspires you?

Versace: After professional Formula One race car driver Alex Zanardi was injured in a race in Germany in 2001, he came back to racing after working with designers to fashion prostheses for his legs. Later, he became a paracyclist and was voted Best Male Athlete at the Paralympic Games in 2012.

I also admire the co-founder of Adaptive Action Sports, Amy Purdy. Amy is a para-snowboarder who won two medals in her sport at two separate Paralympics. A dancer, she competed and placed second in Season 18 of the American version of "Dancing with the Stars."

All people who overcome personal challenges to participate in the kinds of activities that bring them joy are ones who inspire me.

ITL: What are you looking forward to in the near future?

Versace: In early November, I'll be going to New York for the Italian American Sports Foundation's event to raise funds for the Traveling Tour Initiative, "Together for Sport," that will begin in the spring of 2022 in Italy. "Together for Sport" will allow those who wish to play sports to learn about prosthesis technology and adaptive-use sporting equipment (such as wheelchairs for basketball, angled oars for paddle boards, ramps for bowling, and gliders for ice skating).

Although the accident turned her life upside down, Giusy says, "I never lost hope." Gratitude for every "new opportunity" and deep faith has been her formula for healing and achieving her successes. "Before the accident, I used to choose my shoes. Now I choose my legs. I love my life!"

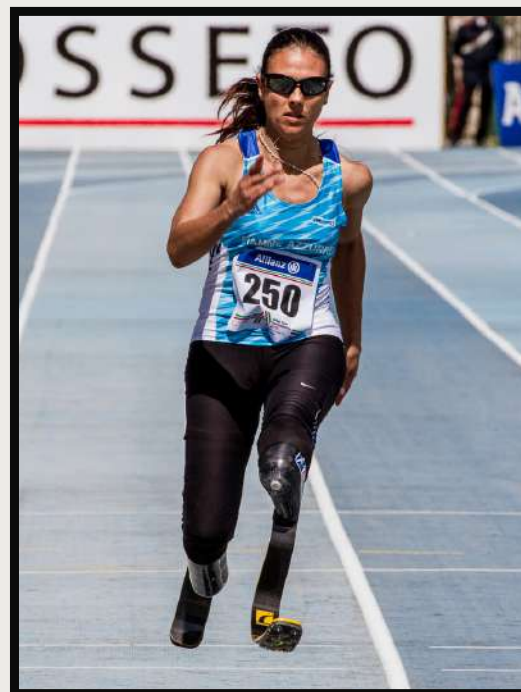


Image courtesy of Giusy Versace

[To view information about Giusy Versace's foundation, please visit www.disabilinolimits.org/](http://www.disabilinolimits.org/)

Dr. BethAnne: I used to have a couple of clients who called me “the oracle” because of my ability to say the right thing and channel an insight or a bit of helpful wisdom for them. I’m able to put things into perspective at other levels. At first, I didn’t understand that my ability to offer precise insights was also my intuitive and psychic senses being at work, helping me dip into the multidimensional fields and flows of healing information that surround my clients.

I also have an ability—a gift—that allows me to create word pictures and metaphors to reflect what somebody is experiencing. My capacity to hold space for someone’s experiences and feel what they were experiencing is also amplified by my innate extrasensory abilities.

Once I understood the fuller scope of my intuitive capabilities, it allowed me to communicate intuitive perceptions and psychic flashes to my clients with confidence and clarity. It also allowed me to have more conversations with my clients about spirituality, and I began to attract spiritually curious clients who were seeking to understand their own soulful natures, and their relationships to the mysteries.

ITL: Have you encountered any surprises in your practice?

Dr. BethAnne: I’ve found that spiritually curious people come from all walks of life. And, all my clients know that I might give them information that surprises both of us!

When parents cite concerns about navigating their children’s states of mind, choices, and abilities; when people going into or coming out of romantic partnerships ask me to show them ways to work with their conscious and unconscious attitudes and beliefs regarding intimacy, the inevitability of heartbreak, and creation of new or preservation of old friendships; or when high-level business executives hire me for advice on how to move their businesses into the future with integrity and clarity...all have to trust that what I’m giving is from skill, training, and...for lack of a better description, “the energies of spirit.”

ITL: Which do you prefer: A one-on-one private practice or teaching, speaking, or leading workshops?

Dr. BethAnne: When I left Alaska and moved to Hawaii, I felt I had accomplished my goal of running a successful practice. I didn’t feel like my soul was calling me to re-create that same experience in Kauai. At the time, the desire of my heart was to make a collage of my work and service out of a variety of creative mediums. As much as I am grateful for the gifts my private practice afforded, I had so many other aspects of my “self” that I wanted to bring into a fuller expression.

These days, I am incredibly happy and satisfied to balance a limited amount of one-on-one clientele with writing and illustrating books, and working with groups of people through speaking, teaching, and leading workshops.

ITL: You offer for free some goods you’ve created and services you perform. How does this generosity benefit your business?

Dr. BethAnne: I believe in giving back. My business model is to treat others the way I like to be treated—with generosity, authenticity, respect, and equity.

When people align with the energies they’d like to cultivate and see more of in their own lives, they create space for those attributes to flow to others in greater magnitude. My free offerings serve individuals a sample of my work so they can experience my energy and what I have to offer. When they feel called to pursue further connection with me through a class or session, they can do so with confidence. Whether people choose to work with me one-on-one, buy my books, or just enjoy a free offer, knowing that they can engage with my work and may find something that illuminates their heart and their path, is what gives me a sense of passion and purpose.

ITL: Describe an ideal client, an ideal problem, and an ideal solution to that problem.

Dr. BethAnne: An ideal client is somebody who is sensitive, spiritually curious, and is seeking clarity about their soul path and purpose so they can feel they are truly thriving. They might be at a crossroads in life that manifests as a decision or choice they must make in their material reality. The choice might not make logical sense, but something inside of them is compelling them to shake things up and move in a new direction.

When clients don’t yet understand that their heart is speaking to them and helping them grow as a soul to expand beyond their current space of self—that’s where I come in to assist in finding a successful solution to their problem.

Teaching clients how to give credence to what’s in their heart and take a leap of faith by following its guidance requires me to be a compassionate witness. That is what I am when I offer insights on options to discover, to align with, to test, and to navigate. I trust the wisdom and guidance for others that comes through me for them. Sometimes, what comes through may not seem obvious to them in the moment, but it is usually revealed to them at some point in time. Those “aha!” moments are ideal.

ITL: Will you discuss your personal philosophy regarding what seems to be a great divide between science and spirit?

Dr. BethAnne: Each discipline has an entirely different operating system! The crux of science is based on the logical mind and what can be measured and evidenced. Spirituality is based on the intuitive mind and what can be perceived and experienced. These are two radically different paradigms for understanding reality, so it’s easy to understand why a divide exists for many people.

From my perspective, science and spirit are utterly compatible. The astounding intricacies and intelligent design that science reveals echoes and amplifies the truths in spirituality. What are those truths? They are simply that humans are not alone (even when it seems so), and there are many mysteries among us.

I feel where one field seems to contradict or conflict with the other is simply an indication that information in that respective field—whether science or spirit—just hasn’t caught up yet. Both fields have ways to examine and describe the same thing from completely different vantage points. Not everything needs to be discovered as fact before a belief can be put into it! We will soon see more scientific discoveries and knowledge emerge that substantiates many spiritual concepts. Where a divide existed—in the old paradigm—humanity can now build a bridge to unify the two “fields.”



Photo courtesy of Sundance on Success PR

ITL: We know that grief was an enormous and difficult “problem” you navigated. How did that experience teach you to handle life’s smaller problems?

Dr. BethAnne: Grief does have a way of putting things in perspective. For me, it acts as a touchstone to return to whenever I’m giving too much of my power away to life’s smaller problems.

For example, whenever I have a personal challenge (such as setting a boundary, needing to have a difficult conversation, or facing a problem head-on), my mind always flashes back to the day of my brother’s memorial service. I gave a eulogy in his honor to a roomful of people, and my knees were shaking as I stood behind the podium. I held back tears because I was determined to give him a beautiful send off, to speak words of truth and light that honored his life. Moments like those become defining moments. Whenever I’m tempted to underestimate my ability to solve a problem or step up to a challenge, I remember that moment and say, “If you can find the courage of heart to do that, then you can do anything.”

I think the biggest lesson grief taught me is that life is beautiful, unpredictable, and fleeting. There are moments of gratitude that shine through grief. The more time you spend worrying about problems and things you cannot control, the less time you have for tapping into the gift of a moment to find joys in your midst (for they are always there).

Grief and joy. Pain and pleasure. Believing and knowing. Humans must learn to be bridge builders and join concepts that seem to be far apart. When you’re having difficulty bridging the span between your problem and a solution, assistance from a psychic psychologist will give you the best from both worlds—science, and spirit.

Editor and writer Mary L. Holden feels honored to introduce Dr. BethAnne as a living representative of the merging of science and spirit. Learn even more about Dr. BethAnne at www.bethannekw.com/.



Photo courtesy of Canva

Autumn Astrology Forecast



ANITA VANDERHAEGHE

If “Now is the winter of our discontent,” we can celebrate as Richard III did in Shakespeare’s play of the same name (1594) and be hopeful that 2021 is at its’ conclusion for all the gloom and lockdowns. We’ll start with luck anew as the outer planets move out of retrograde, and get ready to move past the third Saturn–square–Uranus in December. At the very least we have seen our way through some challenges, and we better know how to prepare for another upheaval or lockdown should it happen as the outer planets move direct.

A new eclipse series starts November 19 on the Taurus–Scorpio axis at 27 degrees. This is the first lunar eclipse in that zodiac sign since 2004 and it begins a new cycle of eclipses which will continue on this axis through 2022. This eclipse series focuses energy on practical needs such as shelter, safe food, supply chains, and clean water. Global weather, hunger, poverty, and environmental issues will highlight the need for action. The more we recognize and act on rebalancing global resources for good, the faster we will resolve the consequences. Pollution, corruption, and unscrupulous attempts to control the weather will be in the news.

The highlight transit this fall is Saturn at 11 degrees of Aquarius squaring Uranus retrograde at 11 degrees of Taurus on December 24th. This retrograde has us reconsidering old strategies and commitments. Financial energies will be in focus. Use this energy creatively as it will be challenging. We’re changing the picture of what is valued worldwide. With Pluto in Capricorn, the changes are top down for now. Expect a financial shake up with changes in values, finances, hard currency, talents, art, jewelry, possessions, and even this planet. This will continue from now until 2025, and then Uranus moves into Gemini. You may have a sense that everything old is new again but it’s more complicated than in the good ol’ days. Balance is required between the past and the status quo. Saturn is tradition, building, manifesting, and discipline. It’s also restrictions, limitations, and loss that re-

flects polarization of negative and positive energies present in our physical universe.

Uranus rules electrical storms. When the negative and positive ions in the physical universe meet, a few lightning bolts can occur depending on where this planet of chaos is stirring in your personal chart. If Taurus and other fixed signs are prominent for you, prepare for the unexpected. In your life a lightning strike can look like a fortuitous meeting, a promotion, a chance to try something new, love at first sight, a child being born, a move, perhaps to a new country, or, a new life where a dream can be fulfilled.

Quantum energy is known to be simultaneous waves and particles. It’s not a level playing field, and that is just fine with Uranus, but disturbing to Saturn, who prefers controls and predictability, and likes for everything to be in alignment. Right now, all of the Earth is not in alignment or agreement. There is a sense that things are going astray, so we must adapt to the turbulence. Be creative. Use the earthy energy of Taurus and the excitement energy of Uranus with the manifesting influences of Saturn. Find ways to get grounded. Build things. Cook for your family. Clean out your junk. Go out for walks and offer to help neighbors or plan a yard sale. If you like to set goals, or just to clear your mind, it is good to start a journal and get in touch with your feelings about what is happening around you and in your life. How are you going to earn a living? What do you see now and what do you value? What are your possessions and what are your freedoms? It’s important to be in creation and have no fear to resonate with others of like minds.

Pluto is still in Capricorn meaning we need to look at who is in charge—the people or the government? Wall Street meets Main Street. What are your personal obligations to family and community? Stay friends with your neighbors, and make sure people are cared for.

Venus, the planet of love, goes retrograde December 19th at 26 degrees Capricorn and

is conjunct Pluto until January 29, 2022. Love and money goals get serious or delayed. Best to plan another time for a wedding or recommitment ceremony, facelift, or new hairstyle. This can affect work and can affect family relationships as the holidays approach. Finances may be strained if there is another wave of COVID-19, its variants, and new lockdowns are necessary. It will be time for a reality check, so be careful around spending and choose gifts of value the recipients will really want and use. It’s time to consider your values. Which relationships are you supporting to be successful? Changes in the financial system can trigger truth around your own economic picture from December into January 2022. You need to have financial responsibility and security, so what do you need to do to create it? Look at new options. What additional ways can you provide for your family? Can it be a family project? What can you do to provide something of service that is personal? What can you do to invest in your skill sets? What do you do hands on? What can you do as a service? How do you develop resilience? There will be new appreciation for the talents of being human.

Also, take care of your physical and emotional health. This time period will affect the nervous system, especially your root chakra. Saturn in Aquarius is also in a lovely 60 degree sextile to Chiron (the wounded healer asteroid) in Aries, exact on November 27. Natural healing energies can bring people together and create new strength in communities.

We have seen job turnovers and changes in working environments. This will continue for the next year and beyond, as our communities in our society keep changing. People will want help with their health and with their careers. We are reconsidering what freedom means to us. We’re also reconsidering what community looks like and means to us. Support the dream of good stewardship in your own community.

Autumn Astrology Forecast

We may see new truths around the global and national financial pictures. Pluto destroys, transforms, and rebuilds structure. Saturn in Aquarius helps with this rebuilding. Some will find new paths; some will let go of paths that weren't serving them.

Currency will be different with digital spending. We're already seeing this with PayPal, Venmo, and Apple Pay. Countries will decide if they want to have digital currencies, or whether they want to have one global digital currency.

Be responsible; no overspending. Avoiding risk this fall is prudent. Capricorn and its ruler Saturn can give you strength. Capricorn is generally conservative. It rules budgeting and financial conservatism. People will need backup power. People will need a port in the storm. People will need to make contacts and to have community. Uranus also rules digital communication and digital security will be paramount. Companies that create new management for protection of personal data will be successful.

Currently, money is being pulled out of the air. And currencies are being devalued. Resources are being devalued. Volatility in precious metals, crude oil, and currencies is another reflection of the Saturn/Uranus waning square, and its propensity to exhibit divergences in financial markets. We could see rampant inflation. It will take careful management to ensure that we do not move to a depression, so be sure to have enough cash on hand for emergencies. The last time Uranus was in the sign of Taurus was from 1934 to 1942—the years of the Depression and the beginning of World War World War II. The solution to this is to stay grounded and calm and be of service.

Mercury goes retrograde at 25 degrees of Libra on September 27th to 10 degrees of Libra on October the 19th. Return texts but be wary of old flames. Your words, and how you speak them, will be important because people are understanding and perceiving communication in new ways. It's important to be open to new ways in ideas, projects, and conversations. Be responsible with your words; understand how they'll be received. With Saturn and Jupiter both in Aquarius, getting to the truth will be challenging but decisive. Community and social groups you've left may pop back into the picture, or

beckon you to participate. Before the retrograde time, ensure that your computer is up to snuff and that you have all of the communication tools that you need, checked, charged, and in top shape. Have battery backups, USBs, anything else that you need to support communications for yourself and for your business. As with the retrograde, there can be shortages in supply lines. There may be time periods when communication could be limited.

Consider what you want to share. What dialog do you want to open with which people? What longer discussions do you need to reopen? Retrogrades mean returning to conversations long held in your mind but not completed. This is the time when you can heal old wounds with Saturn aspecting Chiron in Aries. You can free yourself from old debts. Find the good in the past and the future. Jupiter in Aquarius continues retrograde from until October 18. You may be relearning skills.

Jupiter can bring hope, abundance and optimism; it is a deeply philosophical and spiritual planet. Expect a greater sense of introspection and lesson learning in this period. Jupiter also rules your desire to explore the world and inspire curiosity for paths less travelled. Remember, during a retrograde, the unexpected happens in travels, so any trips or plans to travel may require extra attention to execute.

When Jupiter returns to Pisces in the last few days of the year, we may collectively sense some light at the end of the tunnel. Jupiter brings abundance and wisdom when we control excess, zealotry and fanaticism. A sense of idealism will prevail; extend compassion towards all humanity, not just those who agree with your own beliefs. Being able to consider and accept other viewpoints and stay true to what is true for you without judgment is the best use of Jupiter's wisdom and light. May love and the force be with you and yours, and all of us on this big beautiful blue marble in the galaxy.

MILLIONAIRES DON'T USE
ASTROLOGY, BILLIONAIRES DO.

~ J.P. MORGAN



Dates To Watch

September 27 – October 19

Mercury is retrograde in Libra; good for anything “re.” Review, remember, rebuild, renovate. Signing contracts or long-term commitments is best done in November. Librans born October 10 to 19 may notice this most directly as it is crossing your sun.

September 29 – October 1

Moon, Neptune, and then Venus in Scorpio creates a grand trine. Then Venus squares Jupiter to set the stage for romance and an excess of beauty, emotions, and passion in vision quests. Create some beauty and avoid overwhelming a love interest with too many texts or emojis. Bosses or clients may be more of a challenge due to a T-square between retrograde Mercury, the Moon, and Pluto. Work on creative action plans that show an easy route to success if you want to be taken seriously, and wait for the New Moon next week if presenting new plans; they may seem unrealistic now. Water signs may experience luck.

October 6 – 8

On Wednesday, the New Moon in Libra is conjunct warrior Mars making this a great time to build an action plan for 2022. Later, when the Moon trines Jupiter and conjuncts Mercury it's a great time to reach out and make peace with loved ones. Libra is a cardinal leadership sign, ruled by Venus so it values balance and happy camaraderie. Kindness counts in common ground. Pluto in Capricorn goes direct that same day, so there may be some balancing action globally. Pluto rules power and transformation, and while still in Capricorn, this is in the hands of governments and corporations, so there may be news of new leaders, mergers, or infrastructure successes.

October 9 – 12

Expect a very auspicious weekend (and Canadian Thanksgiving) with potential for love, fun, and compassion as the Sun joins Mercury, Mercury joins Mars, and the Moon dances with all the inner planets. Saturn follows Pluto's lead, and goes direct now too, in Aquarius, nicely supported by Venus on October 13 to manifest and build. News about new tech or restrictions in online business or social media may happen throughout October. Plant some idea seeds this week as the Moon moves into the second quarter in earthy Capricorn. Tuesday has more heat with some power struggles shaping up as Moon in Capricorn squares Mars and the Sun.

October 15

The early birds can enjoy a lovely auspicious trine of Sun, Moon, and Jupiter at 8:30 am EDT. Aquarius, Gemini and Libra Air signs born on the 11th to 13th are under the spotlight this Friday. Some tech companies or social media may share big news. Mercury is still retrograde, so keep it lighthearted.

October 17 – 18

Mercury in Libra and Jupiter in Aquarius go direct in air signs and trigger a shift in communications. With the Sun squaring Pluto earlier on Sunday, there can be lots of action on the global front between countries, companies, and peoples. Mars in Libra, trine Jupiter, creates expansion and it is a good time to watch the skies for news, talks of peace, and sharing ideas.

October 20

The Wednesday Full Moon forms a dynamic T square with the Sun, Mars, and Pluto creating a fervent energy that is challenged on Friday by free-spirited Mars squaring stodgy Pluto in cardinal, authoritative Capricorn. Best use of this energy is to do something practical or build

something. By Sunday the 24th you'll feel like socializing as Mercury picks up some speed.

October 26 – 31

With the Moon in her third quarter in Cancer, these two days are good for planting trees or perennials for next year's garden. Some may feel creative (music and art and intuition are triggered) or just build castles in the air on Tuesday. Have fun, but stay grounded. Dreams may be insightful. Halloween is dreamy and fun with Mercury in Libra trine Jupiter; expect creative parties and costumes with the Sun in spooky Scorpio.

November 3 – 4

Wednesday is a great day to finish up projects with the Moon in cardinal Libra with Mercury in a lovely aspect to Venus that may fulfill travel plans or teaching. The New Moon on Thursday in Scorpio is passionate, and unexpected events around hidden issues, relationships, finances, and possibly Earth changes can be triggered with the Sun in watery, secretive Scorpio opposing Uranus in Taurus. Digital currencies and news about national finance can be revealed. It may get a little cutthroat. Listen carefully to all the data and know what is true; don't be complacent about your security. With Venus changing signs the following day to Capricorn, there may be more austerity, discipline, or government positioning in global currencies, or some changes as machinations happen. Budgeting is a good use of this energy through November.

November 10 to 12

Passionate Mercury and Mars in Scorpio may create a confrontation (both are squaring Saturn), echoing the Saturn Uranus square. This will have the plans of authority fighting those who refuse to be oppressed. Something is ready to explode, or plans will backfire. This energy is stubborn and

Dates To Watch

Photo Courtesy of Canva

volatile, so put off sensitive negotiations for another time. Some may be able to make romance on Thursday evening and peace on Friday morning as Sun trines Neptune. Note your dreams and ask for messages from your angels. Take care not to overturn apple carts on Saturday the 13th as Mercury opposes Uranus. By evening all is peaceful, and Sunday is a day for fun.

November 15 to 20

Expect the unexpected this week with three squares from inner planets to wise open Jupiter as information comes to light with a lone wolf lunar eclipse applying on Friday. Emotional housekeeping will be the order of the day. Let go of past resentments and open the door to feeling lighter and happier. Mars opposes Uranus, but Mercury trine Neptune and Venus trine Uranus could open up transactions, retail, and the markets with handshakes to create a volatile, no holds barred week of negotiations. Some may choose to walk the floor to another party, leave a stagnant relationship, or reveal tempers long held back. Sunday some are empowered to take a stand and regain dignity and strength.

November 23 to 28

With the Moon in family-loving Cancer and then moving to sunny Leo on Thursday, Thanksgiving plans are underway as Mercury enters the sign of Sagittarius ruled by abundant Jupiter. Travel and optimism in anticipation of the holiday abounds. It's a great time to reconnect with family and friends or make some new friends. Late in the day on Thanksgiving with tummies full, a mothering Moon opposing patriarchal Saturn could create some contentious energy, so leave politics and pharma out of the conversations and put that energy into a fun game of Monopoly or Jenga. Hanukkah begins at sundown on the 28th with a lovely Mars trine Neptune applying the next morning. It will be an inspiring and dreamy week as we enter December; get in touch with your biggest goals in life.

December 1 to 5

This is a week when anything is possible! Imagine coming together to create, enjoy productivity, and feel inspiration. The week culminates in a lovely solar eclipse in Sagittarius on Saturday December 4. Enjoy the weekend. Thursday the 2nd is auspicious for Scorpio, Pisces, and Capricorn. It's a good week for anyone to close cycles and finish up projects for successful completion with Moon in the last quarter.

December 6 to 12

A volatile week. Some let down can happen after the weekend. Markets may be up and down, as can spirits. Get all the facts as some may be targeting others with accusations. Stay above the fray and keep your powder dry as Mars squares Jupiter on Tuesday. Some will be righteous. Better to be loved than be right. The truth is often relative. Scorpio and Capricorn may want to be on top.

December 13 – 19

Expect a bit of dichotomy this week as Mars enters enthusiastic Sagittarius and Mercury enters cautious, conservative Capricorn. Combining the two can create a good budget for the holidays, and plans that are fun but realistic. Saturday's Full Moon trine Jupiter can mean a good time. On Sunday, Venus goes retrograde as the planet of love moves back into your past. Chiron, the wounded healer asteroid, moves direct the same day, so some will be healing with new awareness of opportunities to let go of blame and see others as perfect spirits with just imperfect actions that seemed right at the time. Kindness counts for you and others.

ASTROLOGY
IS JUST A FINGER
POINTING AT REALITY.

~STEVEN FORREST



Read Your Sign



Aries

Fiery and tenacious to the core, September finds you taking time to reflect, with all the outer planets still moving retrograde, but backing up won't be that simple. As you move into October it's time to take action and this is the ideal month! Even if you have weighed all the pros and cons, give yourself some elbow room, especially with relationships (personal or work) as Mars, your ruler, moves through Libra the sign ruling your house of one-on-one through October. Passion and play, or finding a balance between the two that works, will give you the support you need through to the end of 2021. Venus into your fire sign's buddy Sagittarius on October 8 could bring unexpected news about travel or new work opportunities coming your way through to the end of the year. Planning a trip will capture your imagination. Why put off until tomorrow a dream you can start today? Jupiter in Aquarius brings fun with kids or creative projects that can bring extra cash; even just posting a few items in a local market. Saturn also in this freedom loving sign helps you manifest new group opportunities to be creative. Efficiency frees up time for play when you plan your daily activities. Even if you are happy at work, you may be tempted by an attractive offer with Saturn manifesting as it applies to square Uranus, planet of unexpected events in your 2nd house of earnings. Keeping your options open lets a window open if a door closes. New relationships will develop slowly but surely.

Taurus

Lovely, grounded, and earthy Taurus, with your ruler Venus ruling Uranus in your sign, fall looks to be a busy time for you. You might be tempted to slack off on your workout routine. Just be sure not to over-extend your break, or you'll pay the price when you have to start over. Cut down on takeout foods. Preparing your own healthy meals is the key to a healthier lifestyle. Along the same line, a budget reassessment confirms your calculations are dead on. Spend wisely, and you may even be able to see extra money. A contract seems to have more potential than you might have ever imagined. Some minor obstacles may annoy you and complicate your life, but remain calm. With Saturn in your house of social position and career applying to square Uranus in your first house of personal presence, you'll need to be patient during this time period. You want everything done right away. But everything will happen in due time. You may start new routines, new diets, or new jobs. Or you may choose to relocate to fulfill a dream. It may not be easy to get back to a routine after such an amazing summer. A friend may want more than just a friendship. And you may feel pressured in a relationship at work, or at home; but you don't want anyone to get hurt. Have the courage to talk openly. Your candor will be appreciated. And a friend will understand where you're coming from. Start preparing your home for the winter, as you may be busy later this fall. You're open to new beginnings, and you could be pleasantly surprised.

Gemini

Creative communicator Gemini, with Jupiter and Saturn both starting the fall in Aquarius in a lovely trine to your Sun, new challenges at work will spark your interest. You'll demonstrate that you are dependable and trustworthy at work or with family. A friend or ally may offer you a space that you might enjoy for work or hobby. You may have to organize things a little, but you'll be very comfortable and enjoy the company. You may develop a very critical mindset and speak up this fall, just don't go too far. If things don't go your way when you carry out some repairs, ask for help or plan ahead to have the right tools or the right people with you. Expressing yourself is important, but choose your words carefully to avoid hurting anyone. Gemini rules communication, and connection will be important this fall, especially with your ruler Mercury going retrograde September 26th to October 17th. In terms of health, your lungs may be affected so do some deep breathing and be careful not to push yourself too far. Taking walks or riding your bike is a great way to get some fresh air. And if someone tags along, it's even more fun. Have a workout buddy. The planet Uranus in Taurus in your 12th house of health and secrets may find you reconsidering values and relationships or becoming actively creative in caring for the health of those you love. Neptune in Pisces may find you spending more time commuting, or making arrangements to get an anticipated sum of money that you've been expecting. You also may be developing new habits to get improved results.

Cancer

Emotional water leader Cancer, during this hectic time of year, you'll be working more than usual and you won't even notice. But other people will, and you'll be rewarded. With Saturn and Jupiter both moving through your house of resources you'll have lots of opportunity to make decisions about how you're going to use what you have, and what you've been given. Your talents are showcased during this time. You may be considering buying a house or a rental property. This may have been in your plans for a while, but you'll consider it even more now. There may also be a new addition to your family. Take your time to do the research that you need on any of these possibilities. You may even consider moving. If you find that you're overwhelmed at work to the point that you have to find creative ways to finish your tasks, you can do that while Mars is in passionate Scorpio trine Sun through November into mid-December. Don't forget to spend quality time with your friends and family. Any imbalance in this could cause you fatigue or extra stress. Plan a romantic getaway, an evening out, or a short trip you've been dreaming about. Something may be postponed, but it will give you something to look forward to for later. Someone you have shared a long past with may return to surprise you or delight you. If your finances allow it, you may be thinking about starting a new side hustle. With Neptune at the top of your chart and in retrograde, go slowly, collect advice, and protect your investments. Your creativity may bring abundance.



Read Your Sign



Leo

Constant sunshine, solid leader Leo, the upcoming Saturn Uranus square from your house of relationship to your house of career and social position may find your workload higher than normal. You'll have your hands full and you may want to think about bringing someone else into your company; someone to assist you. The return will be worth it. Be sure to recognize what everyone's duties and responsibilities are and reward accordingly. Fall is business as usual and it will be far from quiet. Expect organizational and financial adjustments at work where your opinion will be respected and your colleagues will count on you. Loyalty and integrity are important to you, and it will be essential to carry out any tasks you consider to be yours. There are many parts of your life that need reorganizing. You can't do everything. Ask for help. Temper your expectations. Reward yourself after long days at work. Prioritize your relationships, and your family. The planet Venus in your house of romance, creativity, and children will bring happy times and unparalleled harmony. With Mercury retrograde in Libra through to October 17th communications with siblings and neighbors may require diplomacy. Steering away from social media where your words may be misinterpreted is probably a good plan. Well planned, intimate moments and having fun with someone you love will be on your agenda in October and December. Will you meet someone new? Expect passionate or precious moments. Share your life with another loving person. Appreciation starts at home.

Virgo

Organized and meticulous Virgo, career and work or being of service are already huge parts of your life, but this fall your work is more important and exciting than ever. You may think about starting a business, but your family could be concerned. It will be your job to persuade them and bring them into the loop if it is something you really want. It will also be important to find a balance between your professional and personal life. With Mercury retrograde through October communications may be challenging around finances and values, so keep communications open and resolve anything in November. With Saturn and Jupiter transiting your house of everyday activity and work there may be new opportunities for you, or someone close to you may be asked to be of service in some way. Take care of your health because your body could face the consequences of not enough sleep. Establish a routine of getting the hours of rest that you need. And take care of yourself as much as you take care of those around you; you like to help. You

may be looking for reassurance or gentleness and you may find it in someone who cares for you. You may both have the same expectations. And you may do each other good. Uranus in your house of travel and education finds you wanting to discover new ideas and new places. Take a walk out in nature or plan a getaway. With Venus in Scorpio, love is in the air. Having fun at the theater, spending quality time together, or just being close can be comforting and rejuvenating. Even Halloween can be a real treat for you this year.

Libra

Cardinal balance loving Libra, you may love your work or your job, but you could find yourself wanting to add to your talents by taking special training or a new course. Everyone knows you're good at what you do, but you believe in going the extra mile. You will want to see concrete results after talking about a project with a family member or a family member perhaps leaving the nest. A decision you're considering may have inevitable consequences, but take the necessary steps. Jupiter and Saturn in your house of creativity may find you wanting freedom, or may find a new family member being added. As this is also the house of children, the square from Saturn to Uranus in your house of resources may find you creating new opportunities to add to your bottom line. Your standard of living is comfortable, but put your money to good use. Avoid superficial purchases with Mars moving through your house of values and earnings in November. You may have been considering a major investment. Facing the situation, you'll rely on your good judgement; just be consistent in your decisions. The key to being healthy is consuming wholesome foods and resting well. Your days may be long, so take time to relax. Libra is ruled by Venus which is transiting your first and second house, and may have you wanting to change your physical appearance, wardrobe, or potentially, your earnings. Giving creative ideas to your work action driver Mars, while it's traveling through Libra, will bring decisiveness and energy to make things happen. Create some fun while you're doing it.

Scorpio

Passionate, driven Scorpio, you may find that you need to reevaluate your priorities and go back to your core values. Don't forget yourself in the whirlwind of everyday life. Look at the big picture to put things back into perspective. Take advantage of your deeper qualities. Mars in your 12th house of self-examination and wellness—and then in your first house of physical presence—will make you want to feel well inside, and this fall you'll take the necessary steps to get there. Physical exercise, diet, sleep habits, and alone time all will be important. Listen to your body and be aware of your needs. Well-being and joy won't be found in work, but in balance. You may feel a little like a hamster on a wheel and getting off could be harder than in the past. Life is full of really difficult choices, but this time they are necessary. Any changes you make now will be the first

YOUR PATH IS ILLUMINATED BY A
ROAD-MAP OF STARS. I AM HERE TO
GUIDE YOU!

~ AMBIKA DEVI

step you take towards a brighter future. With the planet Uranus in your house of relationships, love at first sight may no longer be something that happens to other people as it squares Saturn in your house of home and family. An unexpected passion can inspire you and make you feel unsettled. Intense and unforgettable moments await you. You may crave physical contact now, so live in the moment and enjoy this unusual adventure. Intimacy finds its way back into your relationships, even after many years. You may decide to start working on some things that you haven't been happy with for some time. Take care not to absorb everything like a sponge. You want to make a difference, but you'll have to create some emotional distance. Someone close to you may need your help and you are happy to be there for them.

Sagittarius

Fiery and fun seeking Sagittarius, with Jupiter and Saturn in your house of siblings and neighbors, you may be having fun with family, at neighborhood events and barbecues, or even going back to school. As you get back to work enjoying new projects, you may go on a business trip and discover inspiring new cultures and friends. Sagittarius loves to be open to the world, and travel is a great way to get a new point of view. Your work could take you overseas or Zooming globally. With the passion you have for the job, you will go far. This fall will be filled with obligations, but you will succeed in taking some time for yourself. Going to a show, watching a movie, reading, or enjoying time with family will be part of your new found balance between work and entertainment. You'll be in good company. With Mars in your house of social groups and organizations, you may find yourself being included in a management group or offered a position to be a leader. As this planet of action then moves into your house of consciousness and caring, you may find yourself looking after a senior or contributing to a senior's group, or long-term care home, and it will open new doors for you. Alternately, you could become a fixture in your children's school, perhaps celebrate Halloween with decorations and costumes. Your joy is contagious, and others want to join your party. You may find that your financial situation needs a bit of a recovery plan. Try making some payments and become debt free once and for all. This month you may bring the means to do that as Jupiter and Saturn stimulate your creative communication. Saving is easy when you stay on top of commitments, so get creative and cut down on superfluous expenses.

Capricorn

Grounded, earthy, Capricorn, your ruler Saturn is in Aquarius, and it's now in your house of earnings and values. Jupiter is there too and brings expansion and abundance and a desire for freedom. You'll find a balance between your work and your personal life, but it may be challenging, especially with school time in full swing. You'll have no choice but to delegate. Surround yourself with trustworthy people and count on a great support network. You may find that you have some joint or lower back pain perhaps from a past injury that hasn't healed or a psychic wound of feeling you are supposed to carry the load. Do what's needed to deal with this lingering pain once and for all. Energy work and frequency healing programs can help. You may have recently relocated, or may be looking to relocate or to start up a new business. This challenge comes as Saturn wants you to build new things, and create new freedoms for yourself. Changes in family, or in your circle of friends, may alter your daily routine or be a bit destabilizing. Review your priorities; let go of the past and what you can't control. With Uranus moving through your house of creativity,

you may find fun in your family life or you may find yourself diving into hobbies that give you a sense of accomplishment. Whether single or part of a couple you may feel like investing time in a relationship. Make sure the person is in the same place as you are. Live what you need to live. Fulfill yourself creatively. With the applying Saturn Uranus square exact this December, you may find that hobbies bring you extra income as it touches your house of values and your house of creativity, romance, and childhood dreams.

Aquarius

You are unique and can be eccentric. With wisdom and abundant freedom seeking Jupiter energy in your first house, as well as Saturn wanting to manifest, you may find yourself wanting to transform your home, your body, or your place of work. It can be a busy period and your routine can be completely altered, but a positive atmosphere will reign. Expect changes to be beneficial for all the members of your family. Everyone will be delighted by good news. You are eager to learn with Jupiter there, and you may want to take some extra training or online classes. Constantly thinking of serving others better, you'll come up with some good ideas. You may find that life is not challenging enough for you, with the Saturn Uranus square. Do some yoga or meditation, and be proud of yourself for taking action and taking care of your body. Drink plenty of water to avoid headaches. Your schedule is hectic and you may have trouble finding the time to meet new people. Your home may be an active spot. If you're single, an old flame may show up. If you're in a couple, your partner will glow with happiness after a surprise from you brings them joy. You know perfectly well that love has to be nurtured. Mars traveling through Libra and your house of work, after your house of travel, may you find you traveling for work or planning a get together to take your family to new places across the country. Organizing trips with friends and family becomes your responsibility. You have all it takes to go far in life. You'll feel ambitious and not afraid to take action. The Saturn Uranus square may make you question the work that you're doing, but whatever you're doing you will create success around you.

Pisces

Intuitive, sensitive, and caring Pisces, you may be active on social media searching for old friends and family you haven't seen for some time. Or you may start organizing events involving other people, or make changes to your physical body. A trip with loved ones could take shape as you want to spend quality time with them, excited to share precious moments with the people you love. With Neptune in your first house, you can be feeling creative, but fears and concerns can make you anxious. Manage your emotions and prevent them from taking over. See the pluses. Your artistic talents could take the lead at work. Full of interesting ideas, you'll want to share them with your coworkers or your family. Be sure their involvement is realistic and express yourself clearly. With Uranus in your house of siblings and neighbors, square to Saturn and Jupiter in your 12th house, you may find yourself, family members or neighbors dealing with health issues or in long term care, or having to move to take care of health concerns. Jupiter makes this easier. Transforming, deep Pluto in Capricorn in your house of social groups may find you taking a leadership role in an organization or in a nonprofit group that helps other people in some way. You may build a home, or help someone to move from one home to another. Transiting Mars in your house of resources and then your house of travel may find you planning a trip, dealing with an inheritance, updating a will, checking on your investments, or helping someone else do the same. You may plan to take a new class, or assist in teaching a class. Enjoy the journey.

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ShaRon Rea, author, family counselor, and believer in love, is on a mission to show humanity how to live with No Judgment. Just Love.® She offers this poem, and a call to action to download the "NJL Pledge" on her website at www.NJL.world to all people everywhere who want to implement more love into their operating systems.

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Author and speaker ShaRon Rea is the founder of No Judgment. Just Love.® Learn more at: www.NJL.world. She is a champion for outstanding family relationships and conscious communications: www.thewholefamilycoaching.com. Call her at 480-420-9551.

Solve These Literature-Related Story Problems

MARY.L.HOLDEN

1. In 1884, who wrote *Flatland: A Romance of Many Dimensions*.

(a) Ernest Rector2 (b) Edwin Abbott2 (c) Ezra Lineman2 (d) Eliza Powers2

2. The novel by Linda Heart, written in 2012 titled *Mrs. Velvet and the Blue String Theory* has an unusual style in its table of contents. The chapters are ordered with what type of pattern?

(a) Harmonic (b) Cardinal (c) Fibonacci (d) Ordinal

3. If you were to read Marcel Proust's book *In Search of Lost Time* from beginning to end how many words would have entered your eyes and brain?

(a) 1.2+ million (b) 918,736 (c) 501,337 (d) 200,001

4. If one Hobbit has one ring, and ten Hobbits have 50 rings, how many books about Hobbits and their rings exist in the famous story series written by J.R.R. Tolkien?

(a) Ten (b) Six (c) Eight (d) Two

5. What is the most frequently used four letter word in English?

(a) That (b) Good (c) With (d) Your

6. The longest sentence in a novel contains how many words?

(a) 11,228 (b) 4,937 (c) 13, 955 (d) 373

7. Which number is the single-word name of a book's title?

(a) Ten (b) Billions (c) Zero (d) Three

8. True or False: Bill Gates spent 10.8 million dollars to buy one book at an auction.

9. A two-part question: What calendar day, and what month, did UNESCO choose for World Book Day?

(a) 3 (b) 10 (c) 23 (d) 1

(a) January (b) November (c) April (d) August

10. The oldest book marked with a "published on" date is from what year?

(a) 868 (b) 969 (c) 652 (d) 323

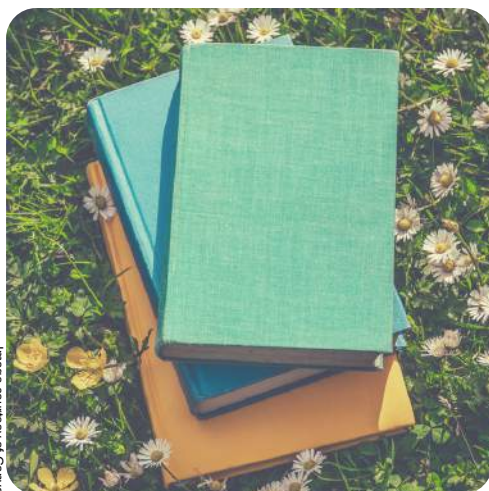


Image courtesy of Canva

STORY PROBLEMS

1. Johnson saved \$1 per week from his allowance to buy a bike. The bike cost \$159.00. How many weeks did he have to save until he could purchase the bike on credit?

2. Amir could text 67 words per minute on his iPhone. How many minutes did it take him to text Sheron the story of how he broke his arm?

3. Farmer Sylvia's 9 chickens each lay six eggs per week. Why is farmer Sylvia a vegan?

4. Kelli memorized 17 dance steps as one fourth of the choreography for a song with 1,177 beats. How many steps did she have to repeat before the end of the music?

5. At the library, Jordan checked out 5, Lise checked out 7, and Dion checked out 6 books. How many books did these children return to the library on time?

ANSWERS: (1) (b) His name is Edwin Abbott Abbott (2) (c) (3) c (4) (d) Two: *The Adventures of Tom Bombadil* and *The Hobbit* (5) a (6) c Jonathan Coe wrote a 13, 955-word sentence in *The Rotters' Club* (7) (a) Ten, by Gretchen McNeil (8) False; he spent \$30.8 million on Leonardo Da Vinci's *Codex Leicester* (9) (c) and (c) (10) (a) *The Diamond Sūtra*, held in the British Library, marked as published on May 11, 868.

Books That Broker Benevolence: Rhyme as Remedy Souls and Shelters

MARY L. HOLDEN

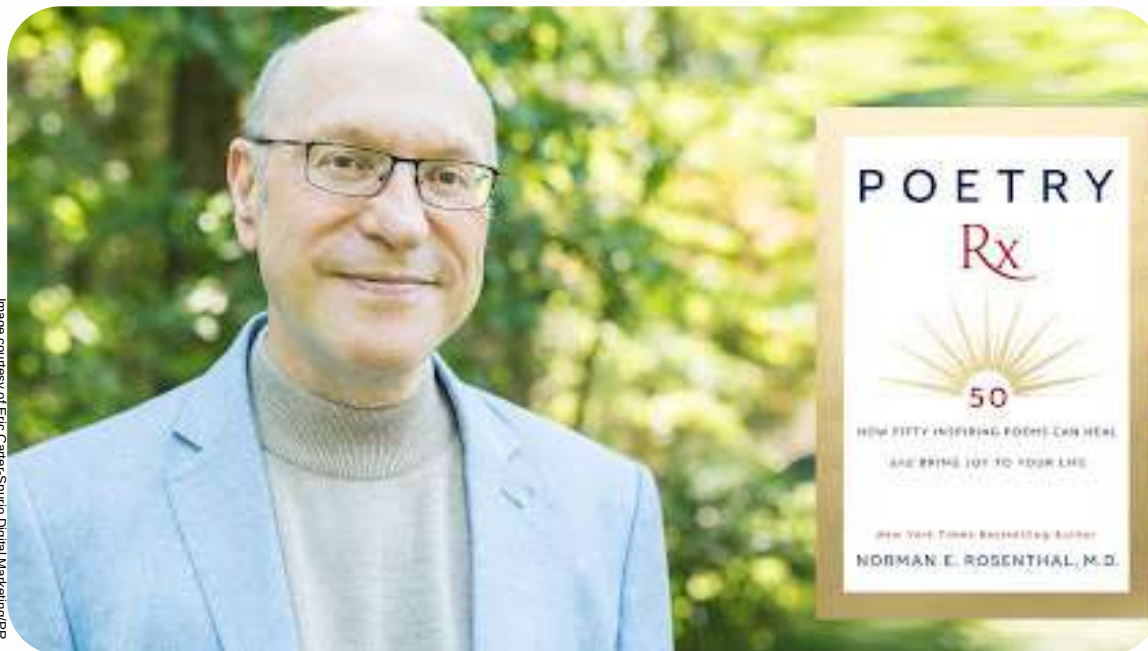


Image courtesy of Eric Carter-Spurio Digital Marketing/PR

September is for problem solving—at least in this issue of *In the Limelight*, so here are reviews for two books with answers to tough problems: *Homeless Hero: Understanding the Soul of Home*, by Mike Tapscott, and *Poetry Rx: How 50 Inspiring Poems Can Heal and Bring Joy To Your Life*, by Norman Rosenthal, M.D.

Lack is the root of many problems. When it comes to housing and health, lack creates critical situations that necessitate answers, require critical thinking, and inspire compassion. Let the authors of these two books show you how they've addressed necessity, demonstrated brilliant logic, and wrote with compassion and grace.

Physiological requirements for human life—food and water, safety, and comfort—form the base of Abraham Maslow's famous pyramid, the hierarchy of needs. When these basic needs are unmet, a person strives to fill a need, instead of growing through an ability to be curious, to love and be loved, to feel self-esteem, and achieve self-actualization.

People need homes for comfort and security. People need medicines to achieve health.

Researcher, psychiatrist, coach, and author Norman Rosenthal, M.D. wrote a book in the way of a prescription.

In it, he offers an entire pharmacy of poetry that people of all ages, races, cultures, abilities, positions, identities, and accomplishments can use for healing all types of afflictions, seen and unseen. Poetry Rx proves that words, when stirred together and made into poems, become forces of light imagery and sound vibration that add new energy to any spirit that feels weak, ill, or hopeless.

Every poem in this book was evaluated for its capacity to transform. Many of the works have stood the test of time and will sound familiar—until the intention of healing while reading or listening is applied. That's why there's an "Rx" in the title. To learn more about the genesis of this book, visit Dr. Rosenthal's website at www.normanrosenthal.com/poetry-rx/.

Think about your relationship with poetry. When you have 58 seconds to spare, Dr. Rosenthal offers a message via YouTube about his Poetry Initiative and sounds a call to action for everyone: www.youtube.com/watch?v=2SqJp-8PUBA. Our world is a laboratory, and you can be part of the experiment when you share your story about poetry and healing.

In the meantime, roses still show up as red...and their fragrance is sweet and appealing...poetry touches both mind and heart...and now you can use it for healing.

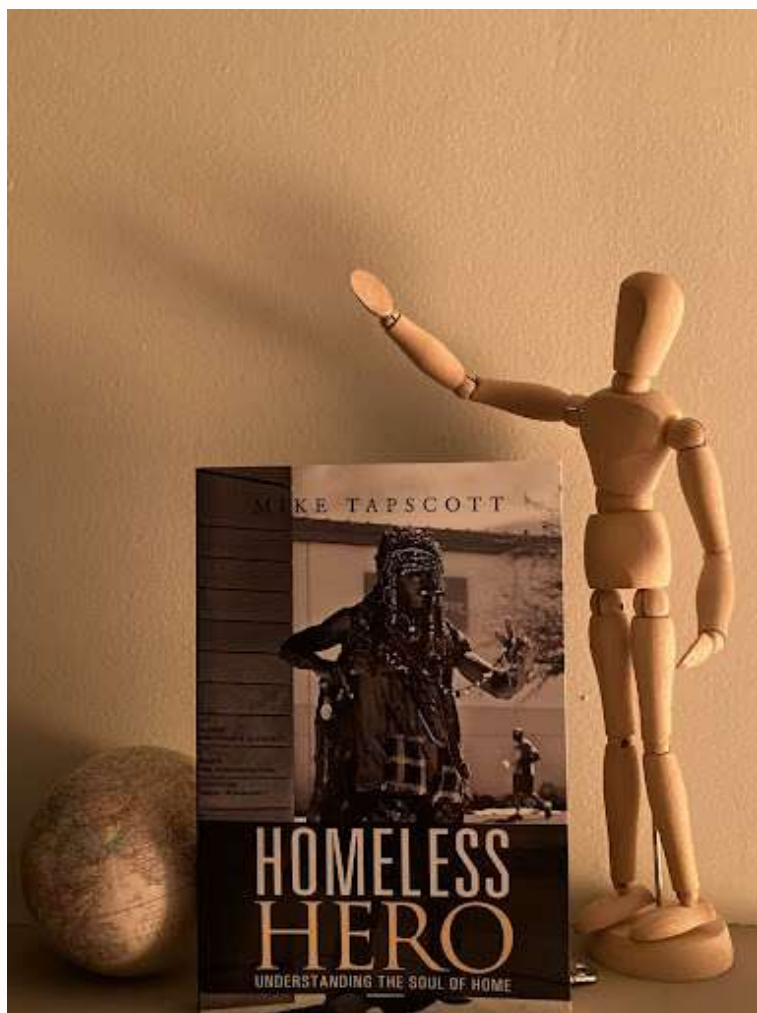


Image courtesy of Mary L. Holden

Reading is dreaming with open eyes.

~ Anissa Trisdianty

To be without shelter is a condition. Like illness, it brings a range of sensations that housed and well people don't want to think about. But some do, and one in particular thought about it to the point of choosing to learn about it for himself. Then he wrote the book that anyone with compassion and concern for the unhoused can read, learn from, and perhaps hear their own call to action. *Homeless Hero: Understanding the Soul of Home* is available here: www.amazon.com/Homeless-Hero-Understanding-Soul-Home/dp/1458210642.

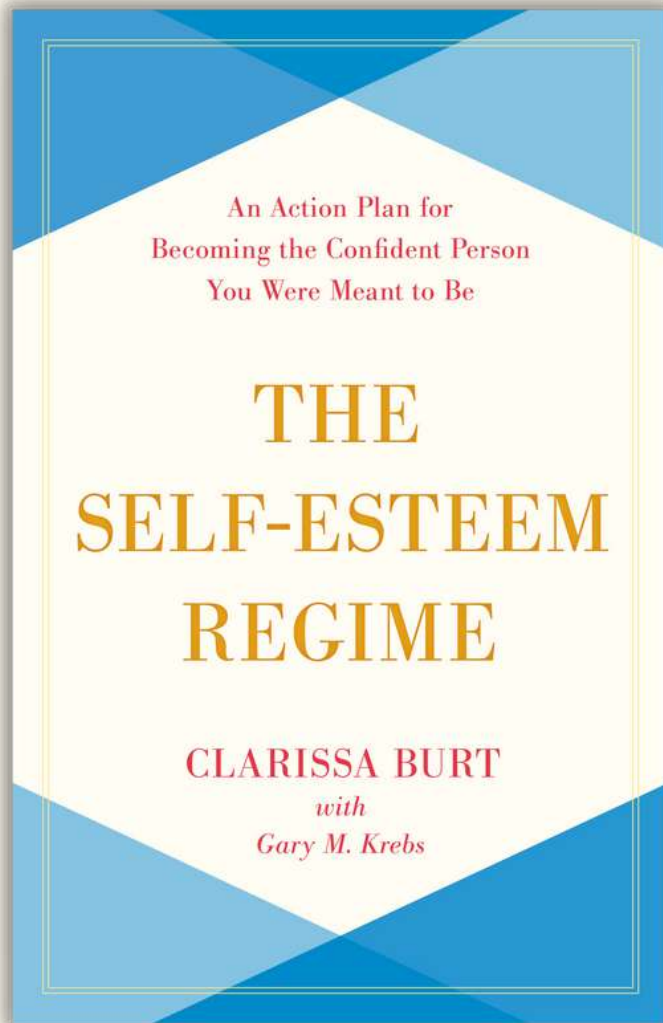
In the late 2000s, Mike Tapscott, father of twins and a massage therapist and instructor, chose to spend some of his free time visiting the Lodestar Day Resource Center in Phoenix, Arizona. At the time, it was the largest shelter campus in the world; it had its own ZIP Code. Tapscott says, "I went there to interview both homeless individuals and those who help them. These interviews revealed several answers to the question, 'What is homelessness?' But homelessness is a phenomenon where even answers look like questions."

Those interviews also led him to volunteer (he led a women's discussion group where, at each meeting, he distributed roses, pens, and journals to the participants), and to conduct his own experiment of spending 24 hours on the streets. That night, at 12:45 a.m., unable to sleep or find comfort on the tile floor of a shelter's lobby, and amidst a cacophony of coughing and snoring, the incoherent ramblings of a nearby man make Tapscott believe "I must be losing it, too, because I'm starting to see how they're all related."

There are two best parts of *Homeless Hero*. The first is the chapter titled "Resurrection" where Tapscott interviews Arlene Pfeiff, then Director of the Human Services Campus, and learns of her vision, a four-point plan, to create sustainability in a place that offers services for the populations in need of shelter and support services. The other is the subtitle itself: *Understanding the Soul of Home*. Tapscott said he saw "parallels between physical homelessness and spiritual homelessness. The big surprise was discovering the existence of homelessness within myself." He came to the conclusion that "homelessness is not like a disease or a pathology. It is a path—also traveled by many people who enjoy a place they can call their own."

Danish philosopher Søren Kierkegaard wrote: "Life is not a problem to be solved, but a reality to be experienced." Illness is a problem that can be solved. Homelessness is a problem that can be solved. Although those two realities are harsh, the experience of reading beneficial books for and about them is always a solution.

Mary L. Holden, when not editing or writing,
loves to read. www.marylholdeneditor.com



Despite years of progress, many women today continue to suffer from low self-esteem. In her revelatory and prescriptive work *The Self-Esteem Regime: An Action Plan for Becoming the Confident Person You Were Meant to Be*, internationally renowned multimedia producer, supermodel, award-winning actress, and public speaker Clarissa Burt offers down-to-earth advice for women to help them manifest self-confidence in all aspects of their lives: relationships, family, friendships, careers, and everyday engagement. The book helps readers find worthiness through a concrete, step-by-step program for women of all ages and backgrounds. Sharing her unique mix of knowledge, attitude, and humor, Burt walks readers through her unique process that instills a lifetime of self-awareness, poise, and assurance.

Burt empowers readers to accept mistakes as valuable learning experiences and steppingstones. Her regime—which features a wealth of tips, case studies, and affirmations—is neither complicated nor demanding, although it builds mental strength, toughness, and resilience.

Clarissa Burt is an award-winning actress, international media personality, producer, director, writer, author, motivational speaker, and supermodel. She began her illustrious career at eighteen as a model for the Wilhelmina Agency in Manhattan. Soon after, she moved to Milan, Italy, where she began appearing on hundreds of magazine covers. She became one of the top runway models in world in the 1980s. Her brainchild, *In the Limelight*, is an online multimedia portal comprised of video, a podcast, and a digital magazine dedicated to offering educational, empowering, and entertaining subject matter.

PRAISE FOR THE SELF-ESTEEM REGIME

“One of the biggest challenges in life is what goes on inside your own head. This must-read offers to-the-point, applicable information to live happily and confidently!”

— **Barbara Corcoran, Founder of The Corcoran Group & Shark on ‘Shark Tank’**

“This is the book I wished I had when I was growing up as a young, insecure girl. This is the book I am so thankful many young women will get to draw strength from today, in a world where loving yourself the way you are is seen as a revolutionary act. Thank you, Clarissa, for sharing your own story and reminding us that being flawed and complex shouldn’t stop us from seeing ourselves as worthy.”

— **Asha Dahya, author of Today’s Wonder Women and founder of GirlTalkHQ.com**

“This book spoke to my soul. It was written with true insight.”

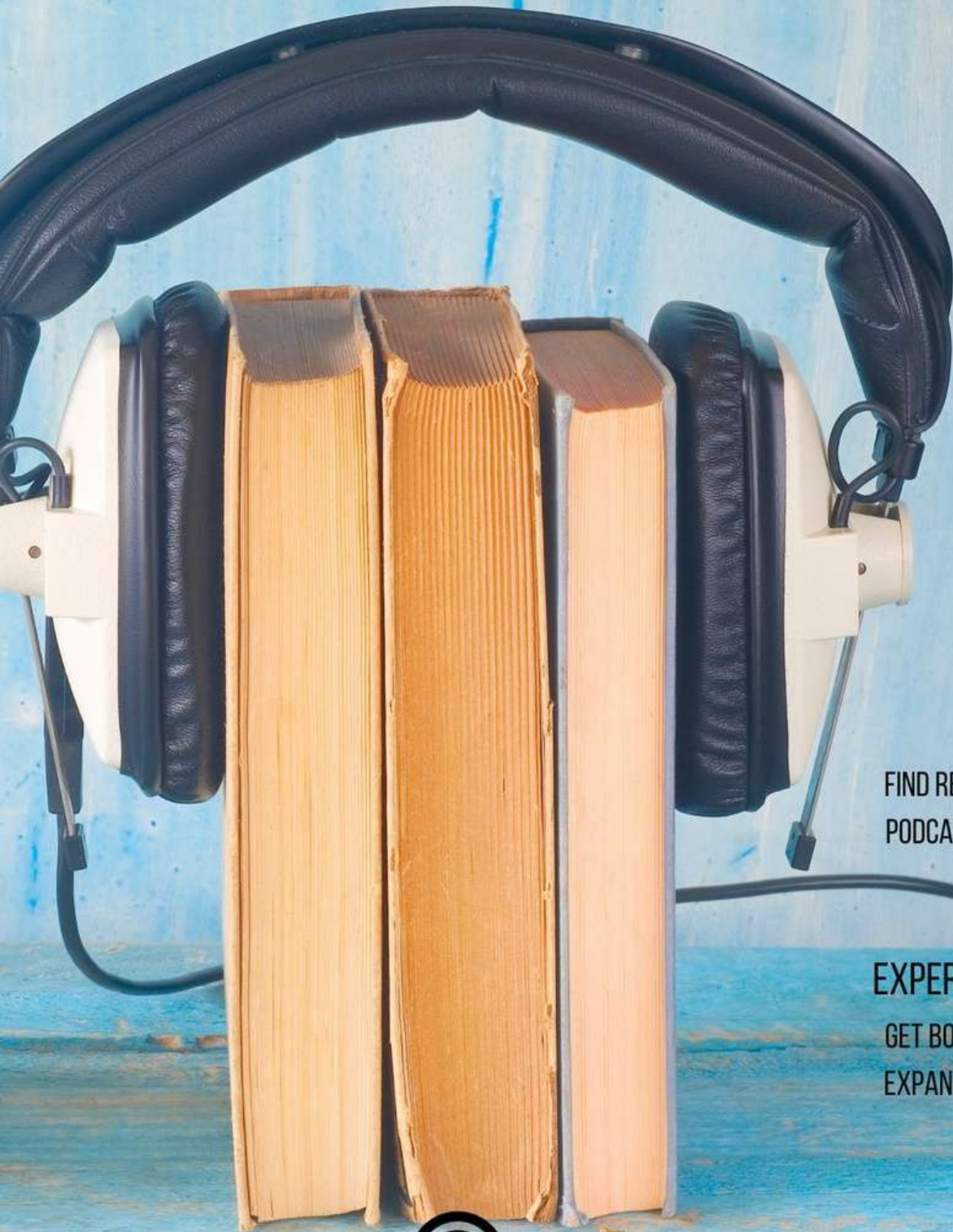
— **Kedma Ough, small business superhero, bestselling author, Target Funding**

“*The Self-Esteem Regime* provides a highly effective and practical approach to a broad and sometimes daunting topic like self-esteem. This is definitely a valuable resource with thought provoking questions and examples for those wanting to do the work!” — **Megan Logan, MSW, LCSW**

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