



Get talking! Your voice is the perfect way to express who you are! Tired of being silenced or quieted? Do you hesitate to say yes to yourself and to your own needs? Are you ready to find your voice?

Your voice is a powerful tool that is always with you, a tool that will improve your life and that of those around you! With a career of helping women be heard, Dianna is on a mission to show women and the world that the time for silencing is over. With our own understanding of our inner selves, we can heal our voices and live out loud. Through her Voices of Women Project, Dianna offers women a platform for healing by openly sharing their stories, learning what and who they are speaking for, and by being HER. Dianna's recent book Find Your Voice, Save Your Life is available on Amazon.ca and Amazon.com



"There truly is not enough thank you's or gratitude to show my appreciation but you have helped me and my family so much with not much more in return than words. Know in my heart that you have made a difference."



## FIND YOUR VOICE SAVE YOUR LIFE

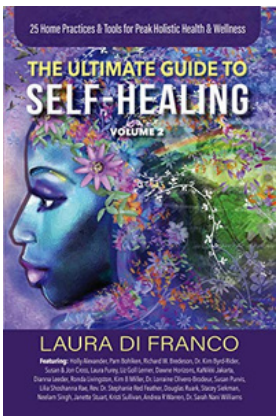
Find Your Voice, Save Your Life is a Voices of Women project presented by Crave More Life Coaching & Consulting. 24 women share their powerful, personal stories of losing and finding their voices, each eager to help another woman find hers. This book is about surviving and thriving; each a different story offering you or someone you know strength, courage, and hope.



"This is a powerful and inspirational book for woman yearning to speak their truth, discover more of their authentic selves and live more loving and meaningful lives. As you read each woman's story you will be comforted to know you're not alone and that your transformation is truly possible!"  
-L.L. PhD



*"No matter what has or is happening to you; know that I will fiercely love and respect you as a competent, capable woman. That's a guarantee from me to you." -D.L.*



## SELF-HEALING THE ULTIMATE GUIDE TO VOLUME 2

25 HOME PRACTICES & TOOLS FOR PEAK  
HOLISTIC HEALTH & WELLNESS

The authors share their authentic stories and passions as well as teaching transformative self-treatment tools and practices that address physical, mental, emotional, and/or spiritual health.



"This book immediately pulled me in and I couldn't stop reading the chapters! It was such a wonderful tool to help me on my journey to finding the truth behind the walls I have built around who I really am."  
-N.L.



## DIANNA SPEAKS TO WOMEN'S GROUPS ON:

- CML's Voices of Women Project
- Personal chapter readings for groups
- Finding your voice coaching groups
- Self-resilience in the face of emotional hits
- Mapping your own deep core to know yourself to be yourself