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FINALIST 2019 INTERNATIONAL BOOK AWARDS

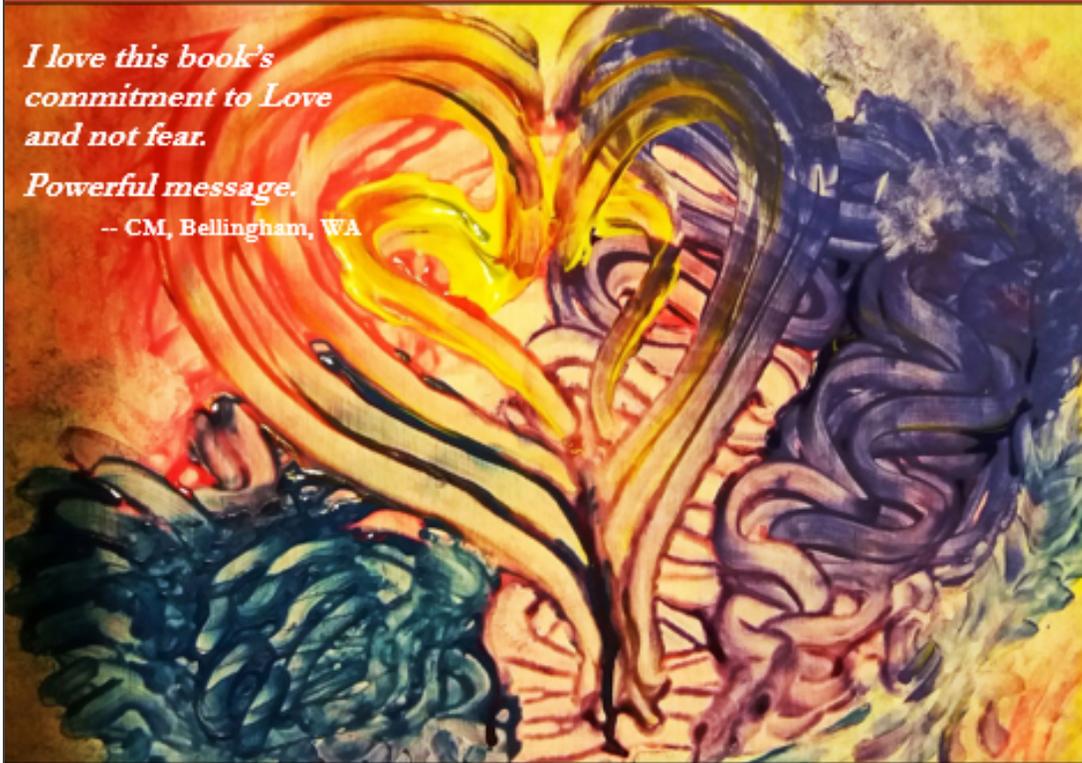
My Ticket to Ride

From Cancer to Flourishing

*I love this book's
commitment to Love
and not fear.*

Powerful message.

-- CM, Bellingham, WA



Cristina Whitehawk

Celebrating the victory of being a finalist in the
2019 International Book Awards

Join the Victory Celebration!

Not only is *My Ticket to Ride* an award winner

I am also celebrating being **5 years cancer free**

(According to statistics I had a 30% or less chance of achieving this.)

Please accept my
Celebration Gift

of

A complimentary copy of Chapter 1

Available until September 10, 2019

But wait! There's more!

Here is what else is included in the Celebration Gift:

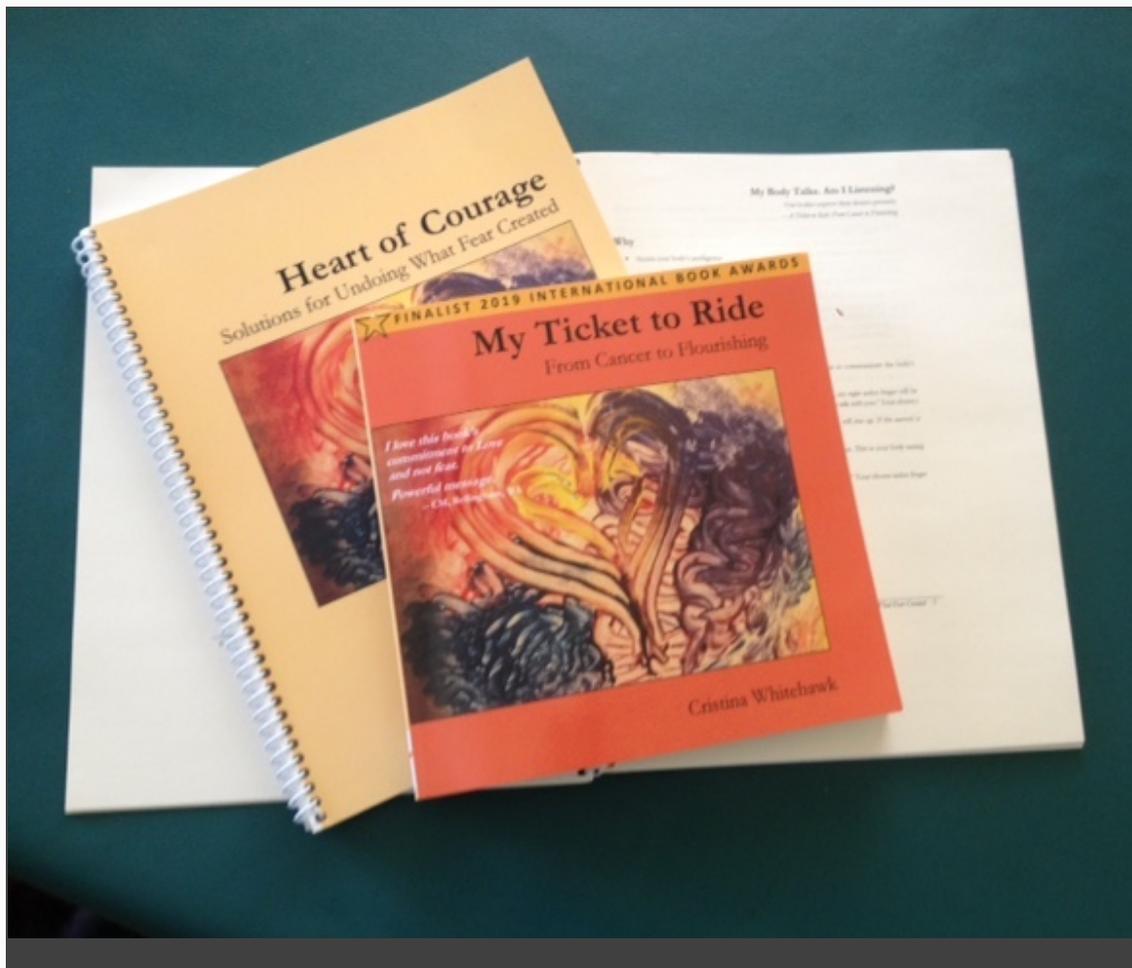
- **Author greeting.** What inspired me to write *My Ticket to Ride*?
- **Three Areas of Focus** in *My Ticket to Ride*. - Hint? Our minds are powerful and affect healing.
- **Poetry** I've written which precedes each chapter in *My Ticket to Ride*. The complimentary copy contains "Basking in the Sweetness of the Unknown."
- **Chapter One:** "The Power of Change."

Enjoy!

Your comments after reading Chapter 1 are appreciated and encouraged

[Yes. Please Send Chapter 1](#)

It's a Complete Set!



My Ticket to Ride: From Cancer to Flourishing

&

Companion Workbook

Heart of Courage: Solutions for Undoing What Fear Created

While writing *My Ticket to Ride*, my initial plan was to include all the complimentary modalities that supported me in becoming well again in addition to the standard bio-medical ones. Attempting to do this became so cumbersome that a companion workbook was born.

Heart of Courage contains 12 timeless and simple activities offering ways to access our powerful inner resources so living a fuller and richer life is possible.

[Purchase the Dynamic Duo Now!](#)

On the road again . .

■ To paraphrase Willie Nelson

On the road again

Just can't wait to get on the road again

The life I love is sharing my "music" with my friends

On the road again

July 2019

- Seattle, WA. – participated as a **vendor** at the Ovarian Cancer Research Assn. annual meeting. 300+ attendees, beautiful Seattle weather, and inspiring information.
- Carefree, AZ. – participated as a **vendor** at the local National Ovarian Cancer Coalition Spa Retreat at the Boulders Resort. Pampering at its best!

October 12, 2019 7-11 a.m.

- **Vendor.** Ironwood Cancer Research Survivor Breakfast Celebration.
8880 E Desert Cove Ave., Scottsdale, AZ.

Come visit me **and** enjoy a free breakfast!

October 25, 2019 5-8 p.m

- **Featured Author** at **The National Library of Traditional Medicine.** 301 E. Bethany Home Road, Phoenix, 85012. I will be giving a reading from *My Ticket to Ride* and facilitating one of the 12 exercises from its companion workbook *Heart of Courage: Solutions for Undoing What Fear*

Created.

Silent

Auction and Raffle **FUN**draising will also take place for the Phoenix Institute of Herbal Medicine and Acupuncture College & University. For more in depth information about it, go to **PIHMA.edu**

Come enjoy my presentation, *buy a raffle ticket* and have some fun!

Speaking Engagements - Now Booking

Below are ideas of audience possibilities where

My Ticket to Ride & Heart of Courage

would be a good fit:

- **Medical Students.** Gain insight from the patient's experience.

- **Wellness groups.** How to speak the wellness-language of love instead of fear.
- **Women's groups.** How our life stories can create healing and wellness instead of suffering and pain.
- **Memoir lovers.** So much to gain from another's experience.
- Groups interested in ways we can **grow through life adversity.** (Mine was my child's death then cancer).

Your suggestions and leads for bookings are greatly appreciated. Contact me for topic ideas, dates, and fees

[Speaking Engagements - Contact Me](#)

Book A Book Party!

Let's have fun.

You

- Invite 10+ friends, co-workers, and/or family together for 1 ½ - 2 hours of fun, interesting discussions, and eye opening realizations.
- Receive a complimentary copy of *My Ticket to Ride*
- Receive a complimentary copy of *Heart of Courage*

Cristina

- I do one or more readings from *My Ticket to Ride*
- Questions, interesting comments and discussion takes place.
- Everyone is invited to participate in one of the 12 exercises from *Heart of Courage*

- More discussion and insights are shared

Guests

- Have an enjoyable time
- Save 10% on book purchases that day
- Enjoy a gift shopping opportunity that's fun and easy. Holidays are coming and there are always gift giving occasions on the calendar.
- If in a book club, learn about a new book to bring to their club. Availability permitting, I can join the book club meeting.

Click below and let's have some fun!

[Book a Book Party!](#)

Blog

After a 1 1/2 year gap, I've returned to my Soul Nurturance Blog.

It's my intention to do this once each week.

Here are some of the latest posts:

Parachutes of Fear

My Words Have Power

Walking Nurtures My Soul

“Normal” is Always Changing

Click below and check it out! Comments are always appreciated.

[Blog](#)

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forwarding this newsletter . . .**
and thank you for reading it.



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