

Heart of Courage: Solutions for Undoing What Fear Created
Companion workbook to *My Ticket to Ride: From Cancer to Flourishing*
Interview Questions

- What inspired you to write *Heart of Courage: Solutions for Undoing What Fear Created*?
 - While writing *My Ticket to Ride: From Cancer to Flourishing*, I wanted to share the techniques I used which helped me to maintain a mindset of well-being while going through surgery and chemotherapy. When I attempted to include them in the book, it became cumbersome; it just wasn't flowing. When I decided to create a companion workbook, everything fell into place.
- What is your main message?
 - We have many opportunities and methods to access our powerful inner resources and live fuller and richer lives, especially when involved in a major life situation.
- How did *Heart of Courage* become part of the workbook's title?
 - Long before I knew there would be a workbook, I had been invited to a finger painting event. I didn't want to go to it. My intuition kept urging me to go. Finally I went. I created the heart which became the cover of *My Ticket to Ride*. Later, in meditation I was told it was a Heart of Courage. When it became apparent a workbook was also coming into being, Heart of Courage was also used for the companion workbook cover and its title.
- Who are your primary readers?
 - People who desire to stretch and grow spiritually, emotionally, mentally, and physically.
- Back Cover Info
 - *Heart of Courage: Solutions for Undoing What Fear Created* birthed itself while Whitehawk was writing *My Ticket to Ride: From Cancer to Flourishing*. She soon realized all the healing modalities she had used to return to from peritoneal/ovarian stage IIIC cancer, in addition to the standard bio-medical approaches, were too numerous to include in *My Ticket to Ride*.
 - Your body talks—are you listening.
 - The appreciation connection—increase your life joy
 - Forgiveness—your power tool
 - Health prosperity—your first wealth
 - Embracing your dragons—enjoy their gifts
 - Create your New Me
 - Loving What Is—eliminate judgment

- Your language has power—it creates your life expectations
 - Getting acquainted with your Receiving Self—replenish your well
 - Maintain a Positive Attitude
- How can interested readers reach you?
 - Through my website PoweredByGenius.com
- Are you available for speaking engagements?
 - Yes. I also lead workshops and breakout sessions.