

*Sharing: our stories, ourselves, our success*  
(Volume 5)  
**Writers' Bios**



**Leilan Grace Adair**

Leilan is a speaker, certified teacher and author who talks about the interaction of Divine Spirit with her personal and every day 'growth' experiences. Her Sharing Anthologies' stories offer insight into the different facets of her life as a daughter and caretaker for her parents. Her approach to whole-self healing and personal engagement with Divine Spirit is entertaining as it is informative. Her dedication to clearing out fears and misconceptions regarding various techniques that she has used for her own self-awareness and self-healing is inspiring and uplifting.

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**Temine Ash**

Temine attended Orangeville Secondary School and received her Certificate of Business Administration at Sheridan College. She has been married to Mike Ash for over 31 years and is the mother of two sons, Michael and Jeffery Ash. Temine is now enjoying 2 grandsons, Luke and Nathan. Temine has been a past member of the Orangeville IODE, Yellow Briar Chapter and The Highland Rotary Club. For 25 years, she worked in her family's printing company, Mono Arts and Graphics, became president and then in the last few years took over ownership. It has since been sold to new owners. Travel has always been a passion of Temine's, and she is presently a Travel Advisor with Expedia Cruiseship Centres in Orangeville, helping to make others' dreams come true. Temine and Mike have lived in the rural area of Caledon/Orangeville for over 20 years.



### **Emily Brant**

Emily is a holistic health enthusiast who has overcome various health challenges herself and realized the power of nature's tools like whole foods and essential oils to assist in healing. She is a young professional in the kitchen design industry in Toronto but her true passion lives on her blog and website, where she empowers the everyday busy woman to also heal herself using nature's gifts and the power of mindset. The blog also serves as an outlet for her other true passion for writing. Emily is on a mission to share her unique story and gifts in hopes that it'll help inspire and motivate anyone who might be up against any challenges, self-doubt or difficult times.

[www.essentiallyemm.com](http://www.essentiallyemm.com)



### **Lindsay Brant**

Lindsay is from Tyendinaga Mohawk Territory, closely aligns herself with her Mohawk identity, and embraces the incredible power and strength that come with owning and standing in one's true identity. In addition to writing and editing, she works full-time as a Curriculum Specialist, and part-time as a professor. Lindsay is a storyteller by blood, and believes that holistic living and happiness are keys to optimum health and wellness, and contribute to her remaining on a positive, good path in life.



### **Jennifer DeCoste**

Jennifer grew up in the Belleville, ON area and still calls it home today. Jenny has held a variety of positions in manufacturing, insurance and investments, and has dedicated much of her life to volunteering for local causes to help support education, health care, and women with cancer through the Look Good Feel Better program. Jenny is passionate about helping others to reach their full potential. She loves singing in a women's choir, painting, and crafting. She loves to walk, bike, and practice relaxation and mindfulness through meditation and journal writing. She enjoys her quiet yet fulfilling life, and keeping a positive outlook. She loves spending time with her family, which includes her beautiful daughters and precious grandchildren.



### **Amanda Gazzola**

Amanda started her career in the corporate world working as a health coordinator for a small business. She quickly learned that the environment wasn't for her, and wanted to expand her vision. It is Amanda's passion to help women feel amazing, beautiful, confident and strong, and to be who they are and find out the truth about themselves to produce true change in their life. She would love to help you create the best version of yourself on your own Journey to Greatness!



### **Danielle Hughes**

Danielle is a published author, health and wellness advocate, and has a passion for learning and teaching holistic techniques. She also has a background in health care as a respiratory therapist with over 4 years experience in the field of sleep and sleep therapies.



### **Cheron Kovacs**

Cheron is a successful Teacher of "Self Love," Professional Speaker, and International Bestselling Author, who is passionate about working with others, to help them achieve greatness in their lives, and thrive even through difficult and challenging times. She shares her life story, which begins in Zimbabwe, where she was born and raised. In her late twenties, she immigrated to Canada, where she currently resides. Cheron is the Founder of Your Canadian Sister. A company founded on how "Gratitude Changed Her Life!"

[www.yourcanadiansister.com](http://www.yourcanadiansister.com)



### **Andrea Lines-Botell**

With a passion for many creative modalities, Andrea infuses her work with creativity in order to offer individualized support. Andrea's journey with behavioural and mindfulness training started 25 years ago in England within a large corporation and now encompasses many diverse outlets including art therapy and energy healing. Being a mother of four children Andrea has a passion for youth mindfulness and has a vast background in supporting those journeying with addiction and loss.

[www.mandaliahouse.com](http://www.mandaliahouse.com)



### **Krista Long**

Krista is a shamanic, and a reiki and animal reiki practitioner. She has a passion for the natural world and helping others find their connection to spirit and All That Is. She has two beautiful daughters, who teach her the meaning of love every day.



### **Diane Lyndon**

Diane is a graduate of the school of life. She has studied a variety of healing modalities including reflexology, therapeutic touch 1 & 2, Access Consciousness: the bars, the F.I.X. code for relief of anxiety, as well as floral design and interior redesign. She has been a reflexology practitioner for 27 years. She was hit by a bus, and in a head on collision as a passenger, and has had more concussions than a hockey player. She considers herself lucky to be here! Her favourite job ever is as grandmother. She is ordained and can officiate weddings in Ontario. She has been a photojournalist and published poet for many years as well. Soon, and with God's grace, she will be 65, and wonders what retirement will bring!



### **Tanya MacIntyre**

Tanya is a former broadcast journalist who got fed up with being immersed in negative news every day! She packed up negative news for positive media making her life's mission to educate people about the FUD Factor (the agenda of mainstream media to perpetuate fear, uncertainty, and doubt) and to be conscious of consuming only media that serves their health and well-being.



### **Maureen Malone-Trovo**

Maureen loves to heal, and to empower others to know that they are their own healer. She uses the channeling gift she received over three years ago, believing that the heart, mind and spirit are all integral parts of the process. She has always loved the concept that there is much more out there than any of us can imagine. Miracles do abound everywhere, and we must trust our heart to go where we are guided. She also has recently started to practice restructuring work, believing that some of the root cause for illness is a result of our earlier traumas and stresses.

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### **Maura Maros**

Maura has a Master's Degree in Human Resources Administration from the University of Scranton and Creative Writing from Wilkes University. In 2018 she completed her Master's in Fine Arts at Wilkes University. Maura's short story, *Hidden Gem* (February 2016) and her book review of *The Self-Care Solution* (June 2016) were published in *Mother's Always Write*. Her short story, *The Warrior*, was published in the anthology *I AM STRENGTH*. Maura resides nestled in the hills of Northeast Pennsylvania with her husband, two children, two dogs, and a cat who provide daily hours of entertainment and fresh stories.



### **Amie Meek**

After escaping a religious cult 11 years ago, Amie embarked on an adventure leading her to find her life's purpose and calling, and was guided to her divine path as a shamanic womb healer and a priestess, combining her spiritual paths with her knowledge as a shaman, past life regression, Kundalini Reiki, and many other tools. A highly intuitive healer, Amie incorporates what she is guided to use to receive messages, including tarot and oracle cards, channeled messages, astrology. Amie supports women's journeys from premenstruation to birth to menopause, with healing arts mentoring, assisting women on their spiritual journey to nurture and birth the Divine Goddess within and without.

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### **Kat O'Brien**

Kat has been practicing as a nutritionist for over a decade and as an embodied living guide for nearly 5 years. After sustaining her third concussion 6 years ago she rediscovered her medicine, used it to heal herself and now that medicine has become her service to the world. She loves to work with people to find their creator mindset, fall in love with their bodies, and reconnect with Spirit. What she is most passionate about is helping people remember they are already Divine! Kat currently lives in Guelph where you will find her acting silly with her son, in deep conversations over a cup of tea with friends or in a solo dance party in her kitchen.

[www.evolvingalchemist.com](http://www.evolvingalchemist.com)



### **Sonal Raje**

Sonal is a professional artist based in Guelph, Ontario. She is actively involved in the local art associations, as well as global ventures that promote the arts. She is a member of the Canadian delegation that is invited to participate every year in the annual show of the Société Nationale des Beaux – Arts (Est 1862) at The Louvre in Paris. Sonal's cultural roots in India, travels through Europe, and the natural beauty of her hometown Guelph have all contributed towards evolving her art in new directions, resulting in a treasured collection of inspirations. Her vision is to give art a prominent place in the toolkit of wellness. She provides arts education in a variety of capacities, particularly personal and spiritual, teaching the freeing power of expressive art.

[www.blueamberarts.com](http://www.blueamberarts.com)



### **Lauren Stein**

Lauren is an actor, writer, and therapist who has been teaching improvisational theatre for over ten years, and performing for almost thirty. She has taught and performed in over ten countries on four continents. She is very passionate about making the world a better place, and believes that improvising is a crucial first step. She works at the Guelph ADHD & Asperger's Centre.

[www.slightlybetter.ca](http://www.slightlybetter.ca)



### **Susan Stewart**

Susan has been teaching gentle yoga and meditation for over 20 years and incorporates them into her practice, along with Craniosacral Therapy, Reiki and Somato Emotional Release, to assist her clients in creating more balanced lives and achieving their wellness potential, through the release of stress and pain.

[www.kindredspiritswellness.com](http://www.kindredspiritswellness.com)



### **Kathy Sullivan**

Kathy grew up in the Lac St. Jean region of Quebec and moved to Montreal when she was 7. She considers herself fortunate to have been raised as an Anglo kid in an Italian neighbourhood in a French province. She studied Forestry and Outdoor Recreation, and has her Life Skills Coach Certification, which she feels has come in very handy raising her four daughters.

She considers Guelph her home and community. She has a new passion spinning crêpes and playing music in Elora, where she is co-owner of a crêperie.