

Mind over Mountains

Taking the road to an extra-ordinary life

About the Book

MIND OVER MOUNTAINS encourages us to live lives of freedom, authentic self-expression and empathy by reading, absorbing and following the reflections and life tips of author Susan Fitzgerald. Shortly after her divorce over ten years ago, Susan had a cancer diagnosis; she choose to use these life traumas to explore and overcome the 'victim' mentality and to learn from the challenges that life inevitably throws our way.

Since then, Susan has been on an amazing journey to find a deeper connection with her spirit. In **Mind over Mountains**, she shares the many lessons of that journey, with insightful reflections on how best to embark on a life journey of empathy and authenticity. Susan's Best Life Health Tips are succinct offerings for the mind, the body and the soul. Her Inner Joy Detox is a step-by-step guide on how to clear the body, mind and spirit to prepare for a more reflective life, and it is perfectly complemented in a practical way by healthy soup recipes.



About the Author

SUSAN FITZGERALD is a wellbeing coach who hosts seminars, workshops and retreats nationally and internationally. She is a regular radio and magazine contributor who has spent the last ten years working with people of all ages. Having trained in Ireland and Dubai, she qualified as a health and fitness trainer, co-active life coach and pranic healer. Susan currently lives in Killarney, County Kerry, in Ireland.



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Susan Fitzgerald

