



Moments: Magic, Miracles, and Martinis

Amy Van Atta Slater

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Moments is the story of an unexpected journey to self-awareness that culminated in a surprisingly positive outcome for author Amy Van Atta Slater. Through discovery of the magic of positive inspiration and transformation, Amy successfully navigated a series of personal challenges—including chronic IBS, divorce, and her father's diagnosis of Lewy Body Dementia

If you are unhappy, struggling through one challenge after another, and feeling disconnected from everyone, you are not alone. Regardless of the reason, unhappiness can permeate every area of life if left unchecked. So is it possible to shift perspectives and live a life of happiness and peace? Engaging and practical, *Moments* presents simple steps to take ownership of your happiness, health, love, and prosperity, towards a greater level of self awareness and success.

Join Amy on a life-changing journey as she navigates the challenges of divorce, parenting, chronic Irritable Bowel Syndrome (IBS) and her father's diagnosis of Lewy Body Dementia towards wellness and a fulfilling life. Using this remarkable book as your road map, learn how to gain greater empowerment and change your life to have lasting happiness.

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