

Interview with Sue Patton Thoele
Audio Interview and Live Q&A Voice Conference



Spiritual World Net
Nurturing Your Walk with Others



Introduction:

Sue Patton Thoele is a psychotherapist, former Hospice chaplain and bereavement group leader. Sue and her husband, Gene, live in Colorado near their adult children and grandchildren.

She has also written: *Excellent As You Are: A Woman's Book of Confidence, Comfort, and Strength* (2009), *The Woman's Book of Spirit: Meditations for the Thirsty Soul* (2006), *Growing Hope: Sowing the Seeds of Positive Change in Your Life and the World* (2004), *The Courage to Be Yourself* (2001), *The Woman's Book of Soul* (2000), *Freedoms After Fifty* (1998), *The Woman's Book of Confidence: Meditations for Strength & Inspiration* (1998),

Date:

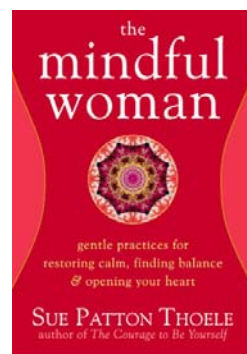
Thursday, April 29, 2010 at 7:30pm (EDT).

Location:

Audio interview link and access codes will be provided after participation registration.

For Registration & Technical Support:

Please contact Sandra V. Padilla by e-mail svpadilla@spiritualworldnet.com or call her at (305)298-5554 for questions on the event.



The Mindful Woman: Gentle practices for restoring calm, finding balance & opening your heart
by Sue Patton Thoele

Imagine a day in which you can be in the midst of chaos but maintain a clear head and sense of balance and focus and have your feet firmly planted on the ground. Even the busiest of women among us has the ability to embrace mindfulness and will reap the benefits of doing so!

In *The Mindful Woman*, Sue Patton Thoele shows you how to incorporate mindfulness into your busy and dynamic life. The book's gentle and humorous approach makes it a practical and easily understood guide for those who are new to the practice of mindfulness as well as those who are already familiar with its gifts.

Format:

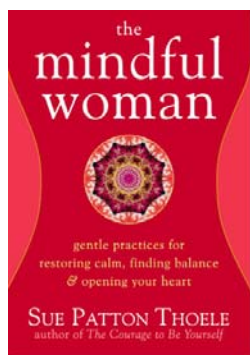
You will be able to listen to the interview on line prior to the live 30-minute Q&A with our guest speaker. You will also receive a copy of our reflection questions for further deepening of the interview and the book.

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Sue Patton Thoele. *The Mindful Woman: Gentle practices for restoring calm, finding balance & opening your heart*, 2008. (New Harbinger Publications: Oakland, CA)


ISBN: 978-1572245426


Registration:

 You can register on line at our website: www.spiritualworldnet.com

 Or by Phone: (772)567-1233 or (305)298-5554

 Or by Fax: (772)-567-1233

 Or by e-mail: info@spiritualworldnet.com;
sypadilla@spiritualworldnet.com

 Or by Mail:
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Event Registration Form

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- Institutional Subscription
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