



MAY 3

BASED ON SANDY'S NEWEST BOOK.

GET WELL-EVEN IN TODAY'S CONFUSION, UNCERTAINTY, AND FEAR

NOW AVAILABLE ON AMAZON OR SANDY'S WEBSITE

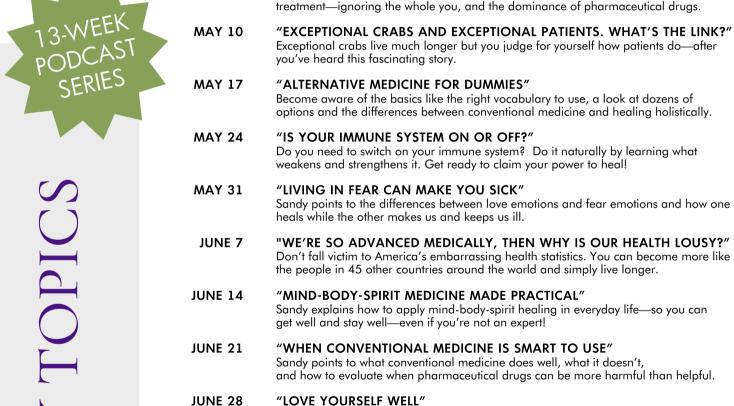
www.sandycowen.com

Join Sandy for a series of audio seminars, free for listeners on STAR WORLDWIDE NETWORKS each Wednesday at 1 PM MST. They can also be accessed on-demand. DON'T MISS OUT.

STARWORLDWIDENETWORKS.COM/SHOWS/EMPOWERED-HEALING

"SURVIVING—DEATH OF THE AMERICAN DOCTOR"

Sandy shares how to thrive despite the advent of specialized medicine, decentralized



Yes, we had plenty of viral epidemics in the past and got through them fine! What's different today? Learning to live with viruses and be victorious.

put ourselves first. This show is a must for the "pleasers" among us.

There's a difference between narcissism and valuing ourselves enough to occasionally

JULY 12 "IS STRESS THE KILLER—OR HOW WE REACT TO IT?

We manufacture much of our own stress. Find out how that happens this week then break those bad habits and live a more peaceful and healthier life.

"EMOTIONAL ROOT CAUSES TO ILLNESS. FACT OR FICTION?" **JULY 19**

Since stored emotions can contribute to bad health, tune in this week to find out how to avoid stuffing and storing and learn to rid yourself of those toxic emotions.

JULY 26 "THE MAGIC OF GRATITUDE IN HEALING"

Need some healing magic? Discover how a grateful heart fuels more blessings and what that looks like. Might be why many religions echo that same philosophy.