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The Answers Within

AT THIS VERY moment, there are millions of people—perhaps like you—contemplating life-changing questions. *Should I quit my job? Should I end my relationship? Should I move?* Maybe you've ruminated over your question for months, if not years, all the while slowly feeling more stuck or unsatisfied as time passes. You may have felt as though you should be satisfied with what you have, that you should just be grateful, that it all should be enough. But deep down, there is a feeling, a small knowing, that something isn't right. You may have tried to suppress or rationalize it, but doing so only makes it harder—and perhaps more painful—to ignore. If you're looking for ways to work through it, to find your answers, and to feel better, then you've picked the right book. Welcome.

You may have been drawn to this book if you're feeling lost or are seeking validation. When faced with a critical decision, people often have an inkling of what the right answer is for themselves; however, they are resistant, living in fear. Afraid of making the wrong decision. Afraid of taking a risk. Afraid of doing something new. Afraid of what others will think. Afraid

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of the consequences. Afraid of the unknown. *The Answer* will help you get the best answers for your questions, but it's much more than that. It's a guide that provides tools and practices to get you more attuned to your inner wisdom, so that when any question arises, there can be a deep knowing and foundation that everything will be fine. That all is—and will be—well. This book will help you build a connection to the inner faith you may need to always make the best decision for yourself, with confidence. To give yourself permission to live in your truth.

***The Answer* will share how to get the best answers
to your most important life questions.**

I'll outline the steps anyone can take to gain more clarity and peace of mind in addressing the questions you face, and uncovering the answers you've been looking for. Instead of continuously searching for advice, validation, and answers from external sources and experts, you'll learn to look within and ultimately trust yourself. I'll walk through the steps, tools, and practices that will help connect you to your inner wisdom, and guide you to your best answers for critical questions.

My Journey to The Answer

In 2019, I was blindsided by a colon cancer diagnosis while pursuing fertility treatments and trying to conceive a second child. That very same day, just an hour later, I also got a call

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letting me know that the corporate dream job I'd been targeting for the last eight months—and had worked a lifetime to achieve—was finally offered to me. I was in shock and agreed to come in the following week for meetings and didn't mention anything about the diagnosis. After I got off the phone, I looked up toward the sky. I felt like the universe was giving me a clear message: choose your health or your career.

The cancer diagnosis hit me hard out of the blue. I felt like I had been sideswiped by a car. I didn't fit the typical profile of a colon cancer patient. I was 38 years old, a non-smoker, non-drinker, at a healthy weight, ate well, and exercised. I taught yoga part-time and was conscious of eating organic, whole foods. In an instant, I went from fertility clinic waiting rooms surrounded by women, to the hospital waiting rooms for my oncology appointments surrounded by fellow cancer patients who were senior citizens, and mostly male. And then there was me, a young mom.

But in hindsight, there were signs. There always are. They're just easier to see in the rearview mirror. I had first noticed blood occasionally in my stool in my early twenties. I remember telling my boyfriend (now husband) about it, and him telling me that it wasn't normal, and I should get it checked out. I wasn't concerned, but brought it up at my next annual physical with my doctor. She was an experienced physician, and I liked and trusted her. She said, "It's probably nothing — you're young, not overweight, don't drink, don't smoke and are healthy." I heard a similar refrain from doctors over the years before I was diagnosed about fifteen years later. At the time, my doctor told me that it was likely a hemorrhoid, and when I replied that I