

Creating the Life Your Heart Truly Desires - Self-Care Isn't Selfish

Myrna Lapres
November 10, 2025



Self-Care Isn't Selfish: Heal Yourself, Your Family & the World

**"Creating the Life Your Heart Truly Desires"
With Liisa Freystaetter
Sat., November 15, 2025, 10-11:30 am PT**



**We all long for love, peace, and abundance
—so why aren't we living it?**

Because buried feelings and thoughts shape our reality. Our lives reflect what we've believed and felt most deeply throughout the years.

- Do you want a closer connection with your spouse?
- Wish your children would open up more?
- Wonder what's blocking your financial peace?
- Are there emotional causes affecting your health?

Join us to learn a simple, easy-to-use tool to release old emotions, reprogram false beliefs, restore peace, joy, and love, and begin creating the life you truly want and deserve. This presentation is based on the book "Feelings Buried Alive Never Die" by Karol K. Truman.

Coach Myrna, November 3, 2025
www.coachmyrna.org/

Creating the Life Your Heart Truly Desires

We all long for love, peace, and abundance--so why aren't we living it? Because

buried feelings and thoughts shape our reality. Our lives reflect what we've believed and felt most deeply throughout the years. Ask yourself the following questions:

- Do you want a closer connection with your spouse?
- Do you wish your children would open up more?
- Do you wonder what is blocking your financial peace?
- Are there emotional causes affecting your health?

What if there were a simple tool to release old emotions, reprogram false beliefs, restore peace, joy, and love, and begin creating the life you truly want and deserve? Join the Self-Care Isn't Selfish monthly webinar on Saturday, November 15 from 10-11:30 pm PT where **Liisa Freystaetter** will be guiding us to understand this simple tool.

Liisa Freystaetter is one of the founding members of "Self-Care Isn't Selfish" and a mom of five grown children and a grandmother of eight (with a ninth on the way!). As a life coach, she helps women, men, and young adults overcome self-doubt, build confidence, and strengthen relationships—guiding them to clarity, inner well-being, and more fulfilling connections.

During this session, Liisa will lead us on a journey of self-discovery, exploring how our thoughts and feelings shape every result in our lives. Drawing on the book **"Feelings Buried Alive Never Die"** by Karol K Truman, she will explain how all our emotions and beliefs are stored in our cellular memory—and how they influence our relationships, health, finances, and overall happiness. You will be introduced to a simple, easy-to-use tool that helps release old emotions, reprogram limiting beliefs, and begin creating the life you truly want and deserve.

To register for the zoom link: tinyurl.com/Self-Care-Nov-15

The overarching theme for our monthly webinars is "Heal Yourself, Heal Your Family, Heal the World." Making a change begins with me because that is the only person that I have control over. But the amazing truth is that as I make effort, I change my interactions with those I care about and often, that sparks change in others as well. Each month, we are creating a global community of connecting and support by showing up, sharing, and caring about each other. All past webinars

are available on our YouTube Channel. We'd love to have you join us on November 15th.

[www.youtube.com/@ Self-Care.Isnt.Selfish/videos](http://www.youtube.com/@Self-Care.Isnt.Selfish/videos)

If you are looking for a coach for individual or group work, please check my website: www.coachmyrna.org/coaching.html

To purchase my book on

Amazon: www.amazon.com/gp/product/B09L7KS5VH

If you already purchased my book, I would love for you to leave a review.

www.amazon.com/review/create-review/?ie=UTF8&channel=glance-detail&asin=B09LGWWXVZ

If you would like to know more about what I offer as a coach, please visit my website: www.coachmyrna.org/

Find out more about creating better connections with Safe Conversations

www.coachmyrna.org/create-connection.html

