



CAROL EDMONSTON

Life is an Adventure... Trust the Journey

Author, inspirational speaker, transformational artist and two-time breast cancer survivor, Carol Edmonston is an expert in the art of living a joy-filled life. Her message of courage and creativity is seasoned with humor, real-world experience and the magic of "Doodling."

What Carol offers:

- Keynotes
- Experiential Workshops/Seminars/Breakout Sessions
- Integrative Health/Mind-Body-Spirit Seminars
- Conference "Stress-Busting" Sessions
- School Programs for Students and Teachers

"Difficulties in life do not exist to make your life bitter. They exist to make your life better." Carol Edmonston

Topic Highlights:

- Strategies for Achieving Wellness Within
- Trust Fear - Live Life
- From Stressed to Blessed - One Breath at a Time
- The Magic of Doodling - Reduce Stress and Increase Productivity
- Living a Life of Integrity

"A highly original contribution that can help touch your inner resources leading to health and well being."

Larry Dossey, M.D., author
Healing Beyond the Body

"A wonderful presentation. Every child can be successful with doodle art, as artistic failure is non-existent."

Gale Kurosaki, teacher

"Your talk was very educational and gave us a better look at stress and how to better deal with it, both in our professional and personal lives."

Dee Kirtley,
American Business Women's Association

About Carol

Carol Edmonston has taught thousands how to reduce stress and embrace life by weaving a creative connection between mind, body and spirit, integrating ancient wisdom and the simple, spontaneous art of doodling. She learned that even the simplest art form can touch a sacred space within our hearts, promote relaxation and enhance physical well-being. She developed a trademarked program at the City of Hope National Cancer Hospital in Southern California called *Create While You Wait*™, designed to give patients a relaxing diversion while waiting for their appointments.

Carol is the author of two books, *Connections...the Sacred Journey Between Two Points* and *Create While You Wait...A Doodle Book for All Ages*. She has appeared on numerous radio programs and written articles for many renowned publications. She is an internationally acclaimed speaker on a variety of topics including how to reduce stress and cultivate joy in the midst of challenge and chaos. She earned her degree in physical therapy from the University of Southern California and is a member of the American Holistic Health Association.



Former KABC radio talk show host Joel Roberts praises Carol as "a radiant spirit." Let Carol teach your group how to integrate a few simple guiding principles into their everyday lives with the stroke of a pen and the heart of a warrior.

"We are all artists. Why not become the artist of your own life and create your own masterpiece?"

"When you learn to embrace and enjoy the creative process by letting go of any attachment to outcome, you can handle anything, anyone and any situation that comes your way."

Carol Edmonston

For booking information and availability, please contact:
(714) 870-5695 or visit **www.SacredDoodles.com**

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