

Founder Helps Individuals Master #1 Misery with Help of Orphaned Cat

Three Oaks, Michigan – Author and founder of **Catherine's Divine Riches Project: Life Empowerment Fast Tracks for Life Change™**, Catherine Lenard, along with co-teacher Daisy the Cat, empowers individuals to empower themselves to move beyond stress and fears while discovering how to create positive life change through a revolutionary new self-mastery program.

Our Mental Health Crises

With an increasing global spotlight on mental health and its affects on an individual's personal and work life, this powerful **Life Empowerment Fast Tracks for Life Change™ From Fear to Freedom™ Accelerated Self-Discovery Process**, which includes seminars, workshops, and retreats, takes a refreshing non-intimidating, non-clinical approach to a serious world issue.



Stress-related counterproductive fear and it's effects on physical and mental health is a root cause of human misery. Whether experienced in one's personal or work life, fear can destroy clear thinking, creativity, productivity, physical and mental health, and overall life enjoyment and effectiveness.

In a **New York Times** article by Tony Schwarz, psychiatrist Sandra L. Bloom states, "A continuum exists between mental health and mental illness related to the degree of stress a person is forced to endure."

About That Work Place



In the work arena, the best leaders know that stress and fear-riddled employees cripple a company, an all-too common phenomenon as people worry about keeping their jobs, paying their bills, higher workloads, staying safe, and managing their lives.

Human Workplace expert and **Forbes** contributor Liz Ryan reported to **Bloomberg Business Week** on **NBCNews.com**, . . . "Fear-trampled employees don't do a thing for your business." The same principles apply to students, our future workforce.

How We Help

Catherine's Divine Riches Project: *Life Empowerment Fast Tracks for Life Change*[™] and the **From Fear to Freedom**[™] **Accelerated Self-Discovery Breakthrough Process** incorporates proven psychological and universal spiritual principles together with the author's first-hand experiences in overcoming trauma and adversity – with a touch of humor courtesy of Daisy the Cat.

Daisy was rescued by the author as a weeks old feral orphan. She's incorporated into the materials for levity, making simple formulas for moving beyond stress and fears while discovering how to create positive life change easy for participants to understand and apply.

Catherine's newly released ***Catherine's SOS Need it Now! Emotional Feel Better Toolkit*** is available for immediate help for stress and emotional crises relief at <https://www.divineriches.com/sostoolkit>.

For additional support, she also provides **Practical Wisdom**[™] **Consultation and Life Coaching**.



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Catherine Lenard is the author of ***Need It? Want It? Get It! Your How To Guide For Creating The Life You Deserve, Catherine's SOS Need it Now! Emotional Feel Better Toolkit***[™], and founder of **Catherine's Divine Riches Project: *Life Empowerment Fast Tracks for Life Change***[™] and the ***From Fear to Freedom Accelerated Self-Discovery Breakthrough Process***[™].

In addition to personal development, her background also includes serving Fortune 500 through individual clientele as a writing and creative services professional.



Catherine's DIVINE RICHES Project:

***Life Empowerment
Fast Tracks for Life Change***[™]

Learn More:

<https://www.divineriches.com>

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