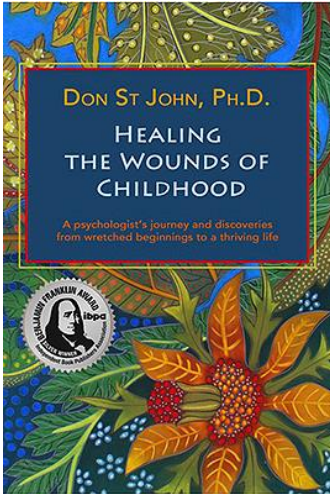


Vibrant health, high quality intimate relationships and a good relationship with your own body—they are all related to each other. Learn how they can be yours.

Don St John's life has been nothing short of miraculous. He suffered abuse in childhood—violent beatings and constant verbal abuse. In his early twenties, he was incapable of feeling human connection, had poor impulse control, drank excessively and had poor physical health. By age 35, he had gone through 3 marriages and 3 divorces. He had very little, if any, sense of connection to his body or to his emotions. His life trajectory looked bleak indeed.



Today, the author of the award winning book *Healing the Wounds of Childhood: A psychologist's journey and discoveries from wretched beginnings to a thriving life*, shares and teaches about the work he has done and how he transformed his life from the inside out. He offers ways for others to do the same, no matter what the age or what the beginnings.

Interview Topics

How vibrant health, high quality intimate relationships and a good relationship with your body are all related.

Twelve Key Insights and Practices to Build Extraordinary Relationships

A Misunderstanding of love and the body—The Loneliness Epidemic and it's consequences

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