



# Crystalline Moments: Discover Your Opportunities and Create Your Best Self

*Coni K Meyers*

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## **Crystalline Moments: Discover Your Opportunities and Create Your Best Self** Coni K Meyers

Join Coni Meyers in the journey of discovering your own Crystalline Moments. Crystalline is defined by Webster Dictionary as "sparkling or clear" Therefore Crystalline Moments are moments of clarity. They can be thoughts or events in our lives that are positive or euphoric moments. They are also those devastating times such as the loss of a loved one, abuse, addiction, illness or other losses such as a job.

This book provides inspiration from people that have experienced incredibly positive moments such as winning a \$34 Million Lottery to the horrific loss of two children, one to suicide, several years apart. There are stories of how to go from abuse as a child to an achiever. You will also hear how individuals and families deal with and overcome addiction. We can all learn and be inspired by these conversations.

With each moment of clarity comes an opportunity to change course or live our life in a more expansive way. These opportunities help you create your life by design, not by default and discover a life you love living. You will learn from these incredible people how to turn your dreams into destiny by examining what Crystalline Moments have occurred in your life whether as a child or as an adult.

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