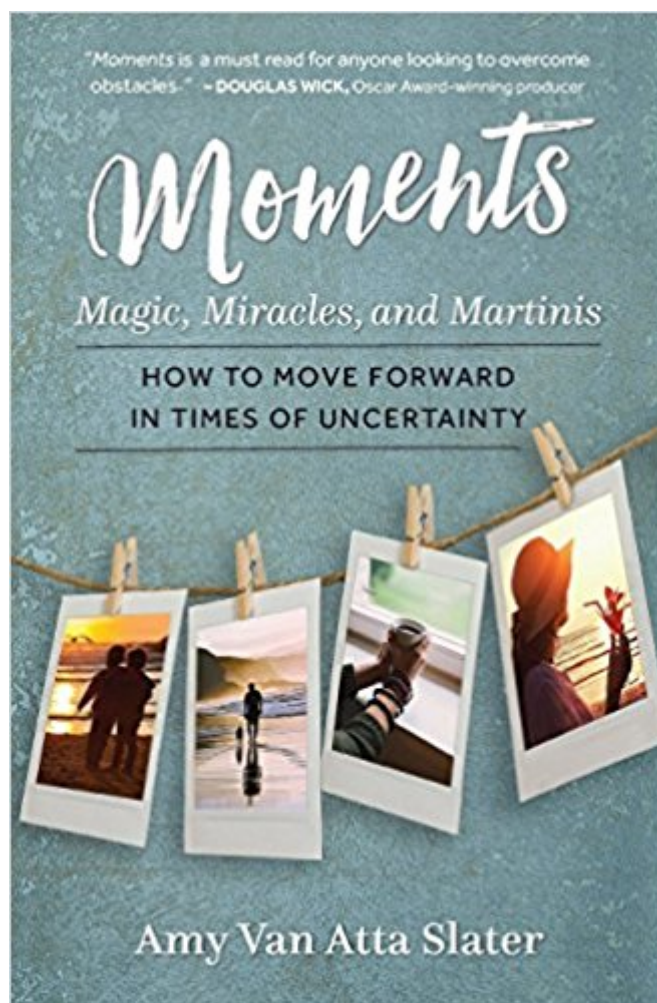




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Moments: Magic, Miracles, And Martinis



Synopsis

Moments is the story of an unexpected journey to self-awareness that culminated in a surprisingly positive outcome for author Amy Van Atta Slater. Through discovery of the magic of positive inspiration and transformation, Amy successfully navigated a series of personal challenges--including chronic IBS, divorce, and her father's diagnosis of Lewy Body Dementia. If you are unhappy, struggling through one challenge after another, and feeling disconnected from everyone, you are not alone. Regardless of the reason, unhappiness can permeate every area of life if left unchecked. So is it possible to shift perspectives and live a life of happiness and peace? Engaging and practical, Moments presents simple steps to take ownership of your happiness, health, love, and prosperity, towards a greater level of self awareness and success. Join Amy on a life-changing journey as she navigates the challenges of divorce, parenting, chronic Irritable Bowel Syndrome (IBS) and her father's diagnosis of Lewy Body Dementia towards wellness and a fulfilling life. Using this remarkable book as your road map, learn how to gain greater empowerment and change your life to have lasting happiness.

Book Information

Series: Moments (Book 1)

Paperback

Publisher: Turtle Spirit Press (May 20, 2016)

Language: English

ISBN-10: 0997070013

ISBN-13: 978-0997070019

Product Dimensions: 5.2 x 0.3 x 8 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 17 customer reviews

Best Sellers Rank: #1,765,875 in Books (See Top 100 in Books) #76 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Medicine & Psychology](#) #87 in [Books > Business & Money > Business Culture > Work Life Balance](#)

Customer Reviews

"Raw and real. Author Amy Van Atta Slater's take on facing the reality of life with its myriad of challenges and blessings, will leave you validated, refreshed and grateful for the soulful dive." __Dr. Shawne Duperon, 6 Time EMMY(r) winner, Project: Forgive Founder "A beautiful book, about choices and how they converge on lives. Healing emotions and changing our path after "the perfect

storm" we all faced during life. To find out that, after all, we are not just left with ruins." __Valentina Martelli, CEO, Ibiscus Media, TV Host, Producer, Documentary Filmmaker "A quick burst of inspiration, Moments provides encouragement during life's most difficult times." __Lisa Germani, CBS Eye on Detroit Field Reporter, Street Beat On Air Host at CW50 & Producer "Amy's vulnerability, passion, and resilience is inspiring. She captures the truth and reality of life, while providing essential tools for growth and healing." __Alexa Servo didio, LCSW, TV & Radio Host, Author of Finding Your Peace Within The Chaos "The source of advice is sometimes more valuable than the advice itself. This is a book filled with firsthand knowledge on what it's like to fall, recover and stand again written by someone who's been there, done that and is now passing it on." __Allyn Reid, Mrs. San Diego 2015, Co-Founder Secret Knock, Publisher at Sherpa Press "Several years ago, Amy Van Atta Slater took the 24-hour challenge-the invitation to go twenty-four hours without complaining, about anything. And that decision changed her life. That is one of the many powerful stories Amy shares with us that inspires us to elevate our states-to upgrade our interpretations of our realities-and as a consequence, to upgrade, dramatically, our experience of life. Amy is a model of positivity, authenticity, and personal transformation. Her stories will inspire you to move beyond your own fears and uncertainty. Each page of Moments will touch your heart and soul. I couldn't recommend it more highly." __Chris Dorris, Mental Toughness Trainer and Personal Transformation Coach "Amy inspires and reminds us that the seeds of wisdom to deal with life's many curve balls all lie within us. She gives us a new word, thinkronicity, to realize the power of our thoughts to change our path." __Natasha Leger, Keynote Speaker, Author of Travel Healthy: A Road Warrior's Guide to Eating Healthy "In Amy Van Atta Slater's new book titled, Moments: Magic, Miracles, and Martinis, Amy openly and authentically chronicles her life in bite sized pieces making it easy for any reader to digest. Insightful and empowering, Moments inspires you to push forward and beyond, to look for the affirmative in life and eradicate the negative. I highly recommend Moments: Magic, Miracles, and Martinis, it packs a positive punch." __Karen Finocchio, One Tough Muther "Honest, sincere, and beautifully written, Amy Van Atta Slater's stories touch the heart and inspire the spirit. A storyteller myself, I was charmed by Amy's anecdotes; they make living an authentic and spiritual life a present reality for inquiring readers on the path of self-discovery and personal growth. As the title suggests, there's a bit of magic in this book called Moments." __Maura Sweeney, Author, International Speaker, Ambassador of Happiness "Raw and real. Author Amy Van Atta Slater's take on facing the reality of life with its myriad of challenges and blessings, will leave you validated, refreshed and grateful for the soulful dive." - Dr. Shawne Duperon, 6 Time EMMY(R) winner, Project: Forgive Founder "A beautiful book,

about choices and how they converge on lives. Healing emotions and changing our path after "the perfect storm" we all face during life. To find out that, after all, we are not just left with ruins." - Valentina Martelli, CEO, IbiscusMedia, TV Host, Producer, Documentary Filmmaker "A quick burst of inspiration, Moments provides encouragement during life's most difficult times." - Lisa Germani, CBS Eye on Detroit Field Reporter, Street Beat On Air Host at CW50 & Producer Amy's vulnerability, passion, and resilience is inspiring. She captures the truth and reality of life, while providing essential tools for growth and healing. - Alexa Servodidio, LCSW, TV & Radio Host, Author of Finding Your Peace Within The Chaos The source of advice is sometimes more valuable than the advice itself. This is a book filled with firsthand knowledge on what it's like to fall, recover and stand again written by someone who's been there, done that and is now passing it on. - Allyn Reid, Mrs. San Diego 2015, Co-Founder Secret Knock, Publisher at Sherpa Press "Several years ago, Amy Van Atta Slater took the 24-hour challenge-the invitation to go twenty-four hours without complaining, about anything. And that decision changed her life. That is one of the many powerful stories Amy shares with us that inspires us to elevate our states-to upgrade our interpretations of our realities-and as a consequence, to upgrade, dramatically, our experience of life. Amy is a model of positivity, authenticity, and personal transformation. Her stories will inspire you to move beyond your own fears and uncertainty. Each page of Moments will touch your heart and soul. I couldn't recommend it more highly." - Chris Dorris, Mental Toughness Trainer and Personal Transformation Coach "Amy inspires and reminds us that the seeds of wisdom to deal with life's many curveballs all lie within us. She gives us a new word, thinkronicity, to realize the power of our thoughts to change our path." - Natasha Leger, Keynote Speaker, Author of Travel Healthy: A Road Warrior's Guide to Eating Healthy "Moments - Magic, Miracles, and Martinis is a beautiful journey of the soul; from adversity, uncertainty and self-doubt to inviting miracles, magic and a new way of being into your life; Amy Van Atta Slater guides you to powerfully move forward no matter how hard it gets with real relatable stories from her own life, a dash of magic, a stash of deep wisdom and of course a dirty martini or two! I loved this!" - Marina J, Relationship Expert & #1 International bestselling author of Turn Yourself On "In Amy Van Atta Slater's new book titled, Moments: Magic, Miracles, and Martinis, Amy openly and authentically chronicles her life in bite sized pieces making it easy for any reader to digest. Insightful and empowering, Moments inspires you to push forward and beyond, to look for the affirmative in life and eradicate the negative. I highly recommend Moments: Magic, Miracles, and Martinis, it packs a positive punch." - Karen Finocchio, One Tough Muther "Honest, sincere, and beautifully written, Amy Van Atta Slater's stories touch the heart and inspire the spirit. A storyteller myself, I was charmed by Amy's anecdotes; they make living an authentic and spiritual

life a present reality for inquiring readers on the path of self-discovery and personal growth. As the title suggests, there's a bit of magic in this book called Moments." - Maura Sweeney, Author, International Speaker, Ambassador of Happiness

Having read hundreds of self help and motivational books over the course of my life, I found Amy's personal account of her struggles and triumphs over a variety of life's challenges to be an excellent primer on how anyone can overcome their own obstacles in their lives. Amy's poignant telling of how she dealt with her father's confinement in a nursing home, is both a tribute to him and something many of us will go through as our parents age. Her love of her parents, her children, her friends and life itself shine through the darkest moments and give hope to anyone lucky enough to read this book.

Amy inspires readers by authentically sharing her personal story in a concise yet honest way. I highlighted a number of quotes throughout to remind me to always live in the moment and appreciate the beauty of life. This book emphasizes the importance of our self- journey. We have the power to make it our own. Personal setbacks can make us stronger. A quick and influential read. Highly recommend!

Today, I read "Moments" in one sitting. I didn't want to put it down. I appreciate Amy's honesty and inspirational reminders. I wish more women would read "Moments", so they would stop striving for perfection and start appreciating life's precious moments. I'm going to share my book with my mom and my girlfriends! I look forward to reading "Moments 2.0" next year!!

Incredibly insightful yet vulnerable as it reveals the most painful topics and challenges faced by the author . The sincerity of each of the table of disciplines can be used as motivation in many areas of my own life. Relatable and easy to read. Love it.

Heartwarming story about challenges that we could all face tomorrow. An aging parent, a health issue and then to top it off, a divorce. This is an easy read in the sense that you don't want to put the book down, although you walk away with many life lessons, one of them being that a really Dirty Martini can heal many wounds:)

Amy Slater has done an inspirational job of achieving transparency as she outlines the highlights of

her life as a mother, wife, executive and leader. I recommend this book to anyone who wants a clear reminder of why it's important to maintain a positive outlook as they go forward in life!

I think we all need to be reminded to live in the moment and have immense gratitude. I enjoyed Amy's book as her touching personal stories can be easily relatable. There are lessons to be learned and practices to sharpened. This book allows you think a little deeper and look for the miracles.

One of the best life motivational books ever written. Learn to always look on the positive side of life. Thanks Amy for sharing your story.

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