

Publisher's Note

Showing Up – Becoming the Me I Want To Be is a brilliant and timely book for today's society as a whole. Although primarily written to empower and prepare young people as they embark on their professional and personal journeys, the author's invaluable life experiences and extensively researched and thought-filled teachings offered here make it a wise read for all.

Christine Patton has a vibrant energy about her that exudes in every word she imparts in *Showing Up*. You know she cares, and has been very conscientious in sharing her insights, while always encouraging the reader to dig a little deeper and embrace and act upon what resonates with them.

I'm continuously moved by the projects we have the privilege of working on. It's inspiring to feel what our authors feel, share in their creative and courageous journeys, and elevate our own awareness in the process.

This little book delivers huge value, and in countless ways. You'll want to keep *Showing Up – Becoming the Me I Want To Be* close, and refer to often, as you digest all of its meaty content and pearls of wonderful wisdom.

Sheri Andrunyk

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