

Praise for ***You Can Balance Your Life . . .***

“Tonya Romano Schultz, a remarkable sage with a magical sparkle to her smile, inspires us to feel better, no actually to feel great, with her Magic Four Plan program. You could call her quick guide, “Self-Care for Dummies,” if you like, but it is filled with practical, useful suggestions for decreasing stress, improving sleep quality and nutrition, as well as how to let go of dysfunctional patterns learned from childhood. It occurred to me that had I read her book first, I might have saved myself the two years I spent on the psychiatrist’s couch! Do yourself a favor, get her book, read it, read it again, practice the exercises, and feel better, or even feel great. You will discover that her “magic” is based on truth and wisdom that she generously and humbly shares with us.”

Dr. Kathleen Griffin, M.D.

“The G Spa” Santa Barbara, California

“Through her book ***You Can Balance your Life***, Tonya Schultz shares with the reader how the achievement of ‘balance’ has helped her overcome adversity in life. Starting with a “magic four plan” she teaches us how to regain control of our life. Throughout my career as a physician I have asked myself many times how can I help my patients overcome fear and reclaim their position in society. I have learned that one of the secrets is in living and not just trying to survive cancer. Tonya describes in her book how she chose life over survival, and how she used the threats to her life as a way to explore new dimensions within and around herself. I had the privilege of meeting her and I always admired her inner peace and sense of equilibrium. As physicians we never really know if we have any influence in our patients’ lives other than by helping with their healing. But what I am certain is that patients do have an influence on

us. They teach us courage, how to laugh even in the presence of adversity and how to never lose faith or hope. Tonya Schultz describes how to balance our lives by regaining control and achieving inner peace. Her examples on how to learn to love yourself and use relationships to get back your sense of purpose and direction are great exercises for anyone feeling loss of control either due to threats or because the world is spinning away from them.”

I. Benjamin Paz, M.D., F.A.C.S.

*Department of General Oncologic Surgery
City of Hope National Medical Center*

“Beautifully illustrated, ***You Can Balance Your Life*** contains lessons for a healthy, fulfilled life.”

Jay Winner, M.D., author of

*Take the Stress Out of Your Life: A Medical Doctor’s
Proven Program to Minimize Stress and Maximize Health,
and Director of the Stress Reduction Program for Sansum Clinic.*

“Throughout this book, Tonya weaves her personal life experiences openly and honestly. Then she goes one step further and uses her professional expertise as a counselor to provide the reader with specific exercises and activities. With these action steps she inspires the reader to practice and promote a balanced life. Her beautiful artwork is scattered throughout the book, offering us an example of how she has indeed manifested a wonderful balance in her own life.”

***Dawn O’Bar, Yoga Instructor and Health Educator
Sansum Medical Clinic, Santa Barbara, California***

“I first came to Tonya as a fragile client, very much in need of restoring my own ‘balance’ in the wake of a painful divorce. Her practical advice was invaluable. But more valuable was her warmth, her wisdom, and her ability to help me make my own choices with calm and resolve. Her book is immensely valuable, but most valuable of all is her ‘person.’ In these pages, it comes through in both muted and sparkling colors.”

*Casey (Carolyn) Reynolds, President
Management Skills Associates*