

Hello, my name is Lisa Brearley

At 50 years old, I can easily say it's been quite a journey.

From a very young age, I always wanted to be a teacher, following in my mother's footsteps. I was fortunate and I flourished in this profession for almost 20 years. ,

I looked like I had it all - a great career, married and two amazing children. However, in my early 40's I was slowly discovering that I was unhappy in my marriage and I had fluctuating control over what I ate.

After becoming part of a fantastic program called Healthy Transformations, I learned about what food does for my body and how I can create a healthy life span. As well, along with this community of support, I gained another community of support. I signed up for personal development classes where I acquired more insight into how I show up and how to find my greatness within and share that with the world.

In these major shifts that I took on, I chose to divorce after 25 years and move forward with taking care of myself. In that journey, I discovered my soulmate, Scott, who also on his journey, supported me in my growth. We were fortunate to have found each other and married in 2022.

I have taken on other major shifts, as well, stretching my comfort zone. Taking a break from my teaching career, I chose to write a book about my life journey titled A Year Of Love. And then I wrote a second one titled Six Months Of Love. Now I'm excited to write children's books, focussing on healthy eating and personal development.

I've learned that taking a risk (both big and small) is the best way to grow. I've learned to accept failures and success, as part of my growth journey. I'm EXCITED for life!

Lisa Brearley

Mother/Author/Teacher