

What people are saying about Christa O'Leary

Christa O'Leary shares practical, well-rounded wisdom for creating a supportive, beautiful home environment, healthy body and happy life in Home in Harmony. I'm impressed with the tips and insights she gives and how practical the action steps are. I've never seen such a complete resource for happy, practical living - I've already recommended it to some of my clients.

-Dina Proctor, *Best-selling Author*

Christa O'Leary's inspiring work, Home in Harmony, will help create inner and outer harmony in your life! Her work gives you tangible tools and simple solutions to create an inspired home, healthy body, calm in the midst of chaos and connect you with your passion & purpose.

-Lori Popkewitz Alper *Founder, Editor- In-Chief, Groovy Green Living*

Christa O'Leary offers a fresh perspective on how to bring balance, health and beauty into everyday life. Her vision emerged after a dramatic turn of events which ignited a passion for creating a sacred life and healthy home for her family while helping others do the same. Home in Harmony is an uplifting, informative book that you will reference and enjoy for years to come.

-Kimberly Kingsley, *Author of The Energy Cure*

I deeply appreciate Christa's integrative and holistic approach to creating a Home in Harmony. She draws on so many diverse disciplines and paths and synthesizes them brilliantly in this life-transforming philosophy.

-LindaJoy Rose, *Ph.D., Raw Fusion Living: Recipes for Healthy Eating, Natural Weight Loss and Anti-Aging*

What I appreciate about Christa O'Leary is her intense interest in so many areas. And she investigates them all so thoroughly so we don't have to! She does it out of curiosity but also out of love. She wants her family and yours to be safe; to eat clean, nourishing food; and to live in houses free of chemicals, where the art of placement and order are always found, along

with the car keys. She'd also like you to feel great in your body, toned and strong, and breathing deeply into your heart with contentment. Just this evening the mantra, "I am safe, I am loved" went through my mind. It pretty much covers everything, and you'll find it in *Home in Harmony*, a manifesto of caring love. Christa wants you to feel safe in your home, in your body, and in your own happy mind so you'll always be safe in the world. And she wants your home, your sanctuary and refuge, to be the launch pad and incubator of your dreams, for we all need this grounding space to hatch our own inspired designs, imbued with the sacred inner knowledge that they are entirely possible.

-Rosemary Sneeringer, *The Book Nurturer*

Home in Harmony clears up the confusion about how to create a home that supports your family's overall health and well-being. It delivers practical and inspiring tips that are easy to implement in your everyday life yet will have a huge impact. Thoughtful and well researched this is a must read for anyone raising a family.

-Robin Green, L.Ac. MTCM

Christa is a wise, passionate and heart-centered expert focused on helping us to live in harmony with our best selves at every level. She's also a beautiful speaker and always tailors her message to hone in on her client's or listeners' needs. I've worked with Christa privately and interviewed her for one of my programs. Whenever I connect with her, I always learn something new, get a practical, easy-to-implement takeaway and feel inspired to live my very best. I'm delighted to recommend her to you if you're looking to increase your personal or family's health and well-being. She reminds me that life is a gift..as is she.

-Alicia Isaacs Howes, *Soul Connection Expert, YourSoulStory*