

# Suzanne Kyra

M.A. / REGISTERED CLINICAL COUNSELOR / INTERNATIONAL SPEAKER & CONSULTANT

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## WELCOME HOME TO YOURSELF

*Welcome Home to Yourself: A therapist and a photographer explore the meaning of life through different lenses--a mother and son's journey.*

This book is a rare gem inspired by Suzanne Kyra's years of experience as a therapist, workshop leader, and much sought after speaker across North America. Supported by her son Nathan Derksen's evocative photography and artistic design, Kyra's prose offers personal wisdom and professional insight for those craving more from life, those yearning to drink deeply from the passion and curiosity that comes from knowing oneself and sharing it with others.

Developing self-awareness is crucial for mental, emotional, physical, and spiritual well-being, and, in health, for engaging the mystery and wonderment of life and relationships. Eduardo Chillida, a famous twentieth century Spanish sculptor wrote, "Nobody can teach what is inside a person, it has to be discovered for oneself and a way must be found to express it." *Welcome Home To Yourself* is about actualizing your life in a graceful manner, living abundantly and authentically, and expressing it.

Kyra is inspired by what she has learned in the trenches while going through the process of self-discovery, self-growth, and self-awareness. She was led to write this book by her passion to share her professional training and life experiences. She asks how she can encourage others to find their way, and create an intention and plan on how to live more authentically and fully alive in a joyous manner.

"How do we welcome ourselves back to what is most meaningful to us, especially during these uncertain times? After working as a clinical counselor for over 30 years, it has become clear to me how many of us feel, or have felt, lost to ourselves, disconnected from our passion and joy for life. *Welcome Home to Yourself* is my response. It is a call for deep self-reflection on five broad areas of life experiences and 56 specific moments or qualities. Each is enhanced with stirring photos of nature, complementing my offerings of thoughts and questions to ponder, write, and talk about, along with encouraging calls to action."

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**"Welcome Home to Yourself is a collection of pure inspiration. Words, poetry, photographs and so much more are all arranged to inspire and motivate readers; a must for anyone pursuing happiness within their lives."**

– Midwest Book Review

**"Welcome Home to Yourself overflows with wisdom and beauty. This book is a timeless gift to the eyes and to the heart."**

– Hugh Prather, author of *Notes to Myself* and *Spiritual Notes to Myself*

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## SUZANNE'S MEDIA EXPOSURE:

Suzanne Kyra's book, *Welcome Home to Yourself*, was released in September of 2008. Her early experience in theater gave Kyra a taste for the spotlight and sharing it with others. She is enthusiastically enjoying stepping into the media world of radio, TV, and print. She is a regular guest on *News for the Soul* with Nicole Whitney, and has been booked on many other radio shows. Suzanne speaks with authority and conviction. She brings warmth, disarming humor, and joy to her presentations, as well as provocative insights and wisdom. Whatever the interviewer's style, she is able to respond in a congruent manner that is also sensitive to the audience.

"Suzanne Kyra is a beam of light on the airwaves—a true interviewee for the soul." –Nicole Whitney, producer/host dubbed "Oprah of the Internet."

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## QUESTIONS:

- 1) What was your inspiration for writing your book?
- 2) What does the title, Welcome Home to Yourself, mean in our daily lives?
- 3) What do you want your audience to be left with when reading your book?
- 4) What is the most important message you are trying to communicate through your book?
- 5) You write a lot about the Natural World. What can we learn from the Natural World?
- 6) How can embracing the cycles of life transform our lives?
- 7) One of your themes is celebration. Why is celebration important in our lives?
- 8) How can we celebrate life and its continual transitions?
- 9) What gift can we take from each life stage?
- 10) How can we be fully open and vibrant in our senses?
- 11) How can we live harmoniously so as to increase the likelihood of joy in our environment?
- 12) What is the greatest mystery of life, and what can we learn from it?