



Ride the Waves: How to Take Control of Your Life One Emotion at a Time

Tracy Friesen

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Have you ever wondered what it would be like to become aware of your thoughts, record them daily for an entire year and then use them for life lessons in learning to live your life with purpose? "Ride the Waves" takes you through an amazing year long journey of a woman who lets you know that we are not alone. We all have thoughts both good and bad that lead us to our daily actions. Tracy's gift to us is the direct "How's that working for you?" wake up call to how we can choose to be more aware of our daily thoughts and make better life choices based on discernment of our daily thoughts. In taking the journey with Tracy, we learn together that we have each created our current existence through our own choices. Life is choice - and every choice is a conscious decision. Tracy shines a light to the fact that you are responsible for your own life. It's up to you where you want your life to take you! Isn't it about time you learn to "Ride the Waves"?

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