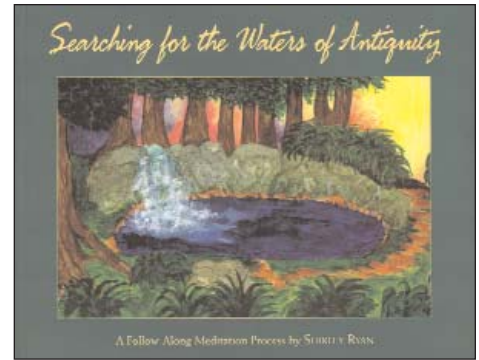


## About the Author



Growing up from humble beginnings in a public housing project, Shirley Ryan challenged tremendous odds and overcame obstacles and adversity, including child abuse. A fighter from the start, this 4'10" dynamo has persevered, survived, and ultimately thrived, pursuing her goals with grace and dignity.

Shirley's educational path began with an early ESL program in primary school. Progressing without assistance programs, she went on to receive a BS from the University of San Francisco and a master's degree, focusing on human relations in both organizational development and family systems, from the University of Oklahoma.

Even though meditation has been a part of Shirley's life for over 30 years, it wasn't until she used meditation before and during her own major surgery in 1990 that she was moved to integrate meditation into her own identity. She has incorporated meditation into her spiritual healing practices with great success and has used and taught the process to clients ever since. In addition, she has created a set of meditation CDs for patients to play during surgery, designed to help relieve pain and quicken the healing process.

Today, as a trained therapist, life coach, and behavior specialist, Shirley seeks to assist others to reach their next level. She is also the founder of Working Together, a business specializing in coaching the management of mind, body, and spiritual change. She has been featured in radio and press interviews internationally and has received critical acclaim for *Searching for the Waters of Antiquity*.

Shirley enjoys workshop facilitation and public speaking, and she devotes much of her spare time to painting, writing, and designing spiritual gardens. Along with her husband Robert, she also happily enjoys her role as a grandmother to three bright, active teenagers in Northern California.

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