



Testimonials for the book

Can you change your life by changing your perspective? Most emphatically, writes Lea Belair in her brilliant, passionate and persuasive new book, *Walk on Water*. The book blends the study of ancient yogic philosophy with the most up-to-date and practical tools of coaching. For those of us in transition, (and who isn't?) this book is an essential companion. Lea integrates powerful concepts with practical steps that 'enable us to thrive in change rather than coping with change'. After reading this book, your perspective on your possibilities, whatever your age, will never be quite the same.

--Marika & Howard Stone, Authors, *Too Young to Retire: 101 Ways to Start the Rest of Your Life* (Plume 2004)

Lea Belair has written a book of pragmatic wisdom. Reading *Walk on Water* is like having your own personal evolution coach. Thought-provoking distinctions are followed by practical action steps to spur the reader on a journey of self-discovery. This book is a great guide for new explorers, as well as an exciting challenge for more advanced learners. The distinctions in *Walking on Water* are a wonderful contribution to our ontologic understanding. If you are serious about changing your life for the better, this is the book to read!

--Patricia Ford, MD Medical Director, Personal Health Improvement Program

Walk on Water led me to powerful truths in a practical and enjoyable format. I have already shared some of the Distinctions and resources with my clients. It is a gift I can share as well as a treasured reference book I will return to time and time again.

--Marcia Reynolds, MCC Author of *Outsmart Your Brain! How to Make Success Feel Easy* and Past President of the International Coach Federation

As a director of an organization that has benefited from the services of Lea Belair, I've repeatedly witnessed the power and passion of those touched by her work. Ordinary people, faced with challenging situations, have come away with fresh perspective and tools to address what standing in their way. This book offers insights and action steps that, when taken to heart and mind, can indeed have you 'walking on water' rather than stuck in the muck. If you are ready for 'change', I can't imagine a better companion than the wisdom Lea offers through this book.

--Natalie Woodroffe, Executive Director, Women's Rural Entrepreneurial Network