

Barbara J. Faison believes we are on this earth to live, love, learn, grow and share.

These life principles are shared in her inspirational book,

[Why Struggle? life is too short to wear tight shoes.](#)

Why Struggle? has 25 topics and includes Meditations, Affirmations and Practices (MAP) for living, being and thriving in today's world. Struggling is a choice. Being open to learning, evolving and growing is a way to stop struggling with life.

Barbara believes that taking a few moments daily to meditate and be still enhances our lives. When we learn to connect with our breath we are in the present moment. Her audio program, [Be Still: Learn to Meditate in 10 Minutes a Day](#) is a great tool for new and experienced meditators. This program includes five 10 minute meditations using with silence as a tool for incredible personal growth. *Be Still* is available as a CD and a digital download at iTunes, Amazon.com, Spotify, Cdbaby and other online stores.

Why Struggle? life is too short to wear tight shoes

**Available online in paperback & e-book at [Balboa Press](#), [Amazon.com](#), [BarnesandNoble](#) (audio is coming!) You can read excerpts of *Why Struggle?* [here](#)

Be Still is available on [iTunes](#), [Amazon.com](#), [CD Baby](#), [Spotify](#) and other online stores.

Listen to samples of *Be Still* [here](#)

You can find me on the social media spots below, stay in touch.

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[YouTube](#): Barbara Faison - Meditations and Musings