



Spiraling Through the School of Life: A Mental, Physical, and Spiritual Discovery

Diane Ladd

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“I like to joke that when Shirley MacLaine was out on a limb, I was already out on a branch,” says Oscar-nominated actress, teacher, healer, and motivational speaker Diane Ladd. She brings her unique wisdom about life, health, love, family, and emotional well-being to this fascinating book. Reading this book is like having a cup of coffee in her comfy Austin, Texas, kitchen. In an earthy, charming, down-home way filled with touching, moving, and downright hilarious observations and stories, this book explains how you can keep your life from spiraling out of control. “I want to help save lives with this book,” Diane says. “I feel that the ultimate gift is helping another person find the miracles that surround them.”

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