

In this Conversations With Healers episode, my guest is David Brower, best selling author, poet, speaker, life coach & super connector, also called The Sensorial Guy, who is all about making living itself a pleasurable art. It was an absolute pleasure talking with David and I hope that you'll feel the same as you listen to this delightful conversation. We ran into a tiny internet issue at the beginning but the rest of the conversation is smooth sailing, so keep listening!

We talked about his extraordinary story of finding new life and meaning through switching continents, why savoring matters and how it can open you to be fully present, how to move towards what makes us feel fully alive, our responsibility in making choices towards aliveness, how to creatively appreciate where you are in life, and more.

You can find out more about David and his work at his website

<https://davidbrower.com/>. Follow his daily musings at

<https://www.instagram.com/thesensorialguy/>. David is generously offering a free 30 minute Savor Your Life Session to the first four people who reach out to him mentioning this podcast by March 8th, 2022.

With love and light,

Damla

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