Lynn Abaté-Johnson, A Daughter's Journey With Her Mom to the End - Episode 284

In this Episode:

- Lynn shares her feelings when her book was launched and how she's learning and practicing what she's learning along the way
- Her realization that not all who went through the same journey have the same privileges
- She talks about her online community where people can gather and talk about the similarities and differences in their caregiving experiences
- How she learned that there are things in life that she cannot predict and control including sickness and death
- She shares her mission and purpose to reveal new horizons to help people understand that there are more possibilities and perspectives available as people try to navigate through unforeseen circumstances.
- The tools that will give emotional and logical support to caregivers
- The importance of taking a pause and trusting and being patient with yourself

Notable Quotes:

"It's important for me to walk my talk and do the things for myself and be the person that I want to be more of as I go forward in my life."

"Learn to trust not only myself but also other people around me."

"People are exactly where they need to be when they need to be there."

"Become the author of our circumstances rather than the victim of our circumstances."

"Use the tools, don't let the tools use you."

"I learned to appreciate those micro-moments of being centered, of taking a pause."

3 Pearls of Wisdom:

1. Ask for help. You don't have to do it all yourself.
2. Be present and practice letting things go that aren't applicable in the present moment.
3. Take what you can get in terms of self-care.

Resources:

Lynn Abaté-Johnson is an author, Speaker, Global Business Consultant, Kickass Community Director, and Social Media Marketing Specialist. She's been building businesses from the ground up since she was 9 years old. Lynn has leveraged her business experience to empower and inspire others in their personal lives as well. Today, as part of her devotion to developing communities, she speaks with cohorts of caregivers to help them discover they're not alone, everything's going to be ok, and there are tools they can use to ease the burdens they might feel as caregivers. By using her natural organizational skills and her solid work ethic, she developed systems and processes to help navigate the difficult journey of caregiving. Her book, *Out of Love: A Daughter's Journey With Her Mom To The End,* provides care for caregivers by giving them the emotional and logistical support they need.

Website: https://www.lynnabatejohnsonbook.com/
Facebook: https://www.facebook.com/LAJBiz/
Instagram: https://www.instagram.com/LAJbiz/
LinkedIn: https://www.linkedin.com/in/LAJbiz
Twitter: https://twitter.com/LAJbiz

Link to this show: https://www.kamiguildner.com/ewr-lynn-abate-johnson-eps-284/

#ExtraordinaryWomen #podcast #WomenRising #RaiseUp

Tag Kami on Facebook @KamiGuildner, Twitter @KamiGuildner, Instagram @KamiGuildner and LinkedIn @KamiGuildner