

# Diana Sproul Illustration Graphic Design

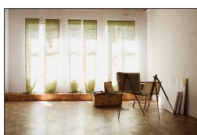
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## Chapter Abstracts Chapter 1: Z Life Workshop

What is the purpose of your life right now? It is to provide you with the opportunity of a lifetime; to learn that you are destined to live the life of your dreams.

Other people have gone before you and they are now living inspired and enlightened lives. Join them by finding sacred space within yourself to transform your life. Start by hiking with me through an ancient valley that leads to a secret village. From a distance a heavy wooden gate spans into the sky carved with the words, "Welcome to Z Life of Your Dreams!" Swing the door open and walk beneath it over the heavy stone bridge spanning a laughing river. Colorful flags course in the wind, "Shed Who You Are... For Who You Will Become," "Live and Let Live," "When in Doubt, Do Nothing," "Happy, Happy, Joy, Joy, Happy, Happy, Joy!!!" At the end of the bridge look down into the village filled with warm light. Flowers pour out of window boxes, people walk down stone streets talking intimately, music and laughter float together on the breeze. A gentle hand touches your arm, "We were expecting you."



"Welcome to Z Life  
of Your Dreams!"

Follow the man down a cobbled street to a doorway. He nods his head for you to enter, "Your workshop is ready for you." If you could have dreamed up the perfect space just for you, the creative inspiring space where you could begin the work of changing your life, this would be it. You walk around the room trailing your fingers along the window sills and walls. You smile as the sun shines through lighting dancing dust across the room. You sit at the desk which looks out across the valley all green and pulsing in the light. This space feels so right, so safe, so...you.

Welcome to your workshop, the personal space where you will build Z Life of Your Dreams.

## PHYSICAL THERAPY



Geriatric Wellness, Pain Management, Post-Surgical Strengthening,  
Splinting and Bracing, Wheelchair Fitting, Sprain/Strain Healing,  
Sports Physicals