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**March 13th 2020: Encore: What Else is Possible  
in the Eye of the Storm?**

In this episode of A New You show host Liz Tupling and guest Dr. Sarah Brotsky explore choices and possibilities when navigating rough waters of change. Referencing a life-altering tool known as Access Consciousness, Dr. Sarah and Liz talk about the many ways people can step out of old, limiting narratives and open up to a more expansive way of being. Our society's addiction to adrenaline, chaos, "problem energy" and even as much as we'd prefer not to admit it, "struggle", are topics that are covered as part of a larger discussion on conscious living. Join us for a lively and colorful conversa

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#### Featured Guest



##### Dr. Sarah Brotsky

Dr. Sarah Brotsky is a doctor of Clinical Psychology who has been in private practice for over 19 years. She is an international best-selling author on the topic of conscious relationships and been on national television and radio programs as an authority on a variety of psychological topics. Dr. Sarah hosted and is the creator of Let's Talk About It! with Dr. Sarah, Blog Talk Radio Show and as a thought leader and change maker is bringing consciousness to our planet, one "being" at a time.

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