



About Kris King

Author of *My Heart Has Wings: 52 Empowering Reflections on Living, Learning and Loving*



When Kris King stared down at the last two chemotherapy pills that had been sustaining her, she realized it was time to celebrate. With her chemotherapy over, she decided to fill the void left by her daily meds with a healthy dose of happiness.

King embraced her role as a devoted wife and mother of three young boys, but this would not be the only time King would face a battle with mortality. Just seven years later, she lost her son, Matthew, one week after his 21st birthday.

After years of reflection, growth and prayer, King eventually learned to overcome life's major setbacks, developing the ability to find joy, even in the face of adversity. She now shares her tools for living a fulfilled life in her new book, *My Heart Has Wings: 52 Empowering Reflections on Living, Learning and Loving* (Bridgeway Books, February 2009, ISBN 1-934454-31-1, \$19.95).

Whether planning a family dinner to celebrate the end of her chemotherapy or planting a memorial garden for her deceased son, King's inspirational methods for healing remind others that happiness can be found anywhere.

"I believe we don't have to live in constant pain when bad things happen to us," says King, who founded WINGS, a company dedicated to personal growth. "We can always choose to be happy."

Today, King credits her transformed thinking for making her realize that circumstances do not determine happiness. While attending a series of personal effectiveness seminars, King discovered how her victim mentality was distorting life, focusing on what was happening to her rather than what she could do to ensure her happiness and survival. In *My Heart has Wings*, she takes readers through a personal quest for happiness and encourages similar self-reflection through a series of chapter-end questions.

For over 20 years, King has helped individuals heal and achieve personal goals. Through seminars ranging from personal effectiveness to team development and leadership training, King leads others to personal and corporate success. Using the skills she developed from coping with her personal struggles, her clients are able to identify and overcome limiting beliefs, structures, behaviors and patterns.

King currently resides in Eugene, Ore., with her husband, Kyle, where she is a sought-after public speaker and CEO of WINGS Seminars. For more information, please visit www.myhearthaswings.com.