

Happy Tappy Girl Cathy Hamilton to be Featured on CUTV News

STOW, OHIO, USA, January 8, 2016 /EINPresswire.com/ -- There are times in our lives when we feel like the zombie apocalypse is upon us. We all go through times of crisis, get burnt out and have moments where we feel like we are totally disconnected from ourselves. Let go of the struggle. Give yourself a day off. There is a DIVA inside of you and she wants to come out and play.

Cathy Hamilton is a Happiness Life Coach, Inner Reconciliation Facilitator and the founder of Happy Tappy Girl, where she helps heart-centered, professional women to live like the Divine Inspired Vibrant Alive (DIVA) woman they really are. Cathy connects her clients to their inner "happy," teaching them how to lead a healthy lifestyle spiritually, emotionally and physically so they can live from their hearts with freedom, passion and purpose.

"I love watching my clients connect to their "inner happy" because that is where the magic begins," says Cathy. "I want them to live an empowered life and have fun! I want to help people love themselves for who they are and love the skin they're in."

Cathy believes that once we connect to this inner "happy," we are free to be ourselves; our life is filled with passion and we feel a true sense of purpose. Unfortunately, many of us are stuck in the negative patterns of our lives. Cathy uses

EFT tapping, an energy medicine modality, to help her clients voice their negativity in a healthy way.

"If we have limiting beliefs running in the background of our mind, we can read positive affirmations all day long; nothing is going to come of it if we don't give voice to these trapped emotions."



And Cathy knows firsthand. After suffering through an emotionally abusive marriage that ended in a nasty divorce,

found an energy psychotherapist who taught her EFT, which gave her a chance to move past the guilt, shame and anger.

“When we experience a health crisis or a financial crisis or a divorce, it can wake you up,” says Cathy. “My breast cancer diagnosis is the catalyst that awoke my passion to do this work. I took the time to be the authentic me. Because of my attitude and because I had the proper tools, it made a huge impact on my whole treatment.

“Now I want to pay it forward,” says Cathy. “I want to help people who feel like they’ve lost themselves and I consider myself a DIVA of healing,”

CUTV News Radio will feature Cathy Hamilton in a two-part interview with Doug Llewelyn on January 12th and with Jim Masters on January 19th at 10am EST.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information on Happy Tappy Girl, visit <http://www.happytappygirl.com>

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