

Beth Gager of Mind Roots to be Featured on CUTV News Radio

CHARLOTTESVILLE, VIRGINIA, USA, September 12, 2016 /EINPresswire.com/ -- We're all on the path to find our most clear and beautiful life. But that journey can only begin when we stop focusing on what we believe is wrong and start focusing on our strength and what's right.

Beth Gager is a Certified Martha Beck Life Coach and the founder of Mind Roots, a coaching practice that specializes in individuals who have experienced mental illness and other deep life struggles. Beth helps clients put roots to a new vision and grounds them in their lives so they can begin to embody who they really are.

"That's what I've learned to do for myself and that's what I hope to share with others," says Beth.

Beth was inspired to establish Mind Roots after her own struggle with mental illness. She says the experience ultimately resulted in her losing everything she held dear: her children, her home, her job, her friends. The good news is she got everything back, but it was a process.

"It was a turning point in my life. I realized I was making my life about the worst thing that ever happened to me. I had been shattered and I felt like I had been betrayed by my own desire to grow and heal," recalls Beth. "I resolved that I would do whatever it took to find myself, the core of who I really was."

Beth describes her clients as "people who feel as though they've lost their center." They thought they were going in a certain direction and life took a sharp left turn. They want a better life for themselves. Beth works with her clients to help them find their strength, the core of who they are and their connection to source.

"Even in my worst moments of devastation, I remember saying if I can help just one person it will be worth it," recalls Beth. "I believe in people. I have always believed in the goodness of the world and anything I can do to contribute to that goodness is what I'm driven to do."





I have always believed in the goodness of the world and anything I can do to contribute to that goodness is what I'm driven to do.

Beth Gager

Today, Beth is the author of *A Rooted Mind*, which recounts her personal story.

"I believe the thing we struggle with most is our medicine for the world," says Beth. "The thing that's hardest for us is really what we have to give back. My work is to turn people's sacred struggle into their medicine for the world."

"The world desperately needs all of us to be who we really are," says Beth. "If I can help people who have felt lost and

broken find their way into their centers then together we can change the world. That's what I want to be in service to."

CUTV News Radio will feature Beth Gager in an interview with Doug Llewelyn on September 14th at 2pm EDT.

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

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

For more information on Mind Roots, visit <http://www.bethgager.com>

Lou Ceparano
CUTV News
(631) 850-3314
email us here

This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases.

© 1995-2016 IPD Group, Inc. All Right Reserved.