

Acclaimed Author Ann Mracek Recently Featured on Close Up Radio

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-- When Ann decided to sell her childhood home because her parents were moving into an assisted living facility so began a trip down memory lane. Sadly, instead of sweet moments of bliss, it evoked childhood years full of traumatic experiences and painful past wounds that were buried, suppressed, and unspoken. That's what inspired her to write her latest release, a wonderfully written memoir, *Unpacking the Attic: The Path to Healing Your Inner Child*, which transports readers to share in Ann's pivotal, life-changing journey where she finds healing and gentle inner peace. Even better, readers will find peace and connect with their own powerful creative expressions.



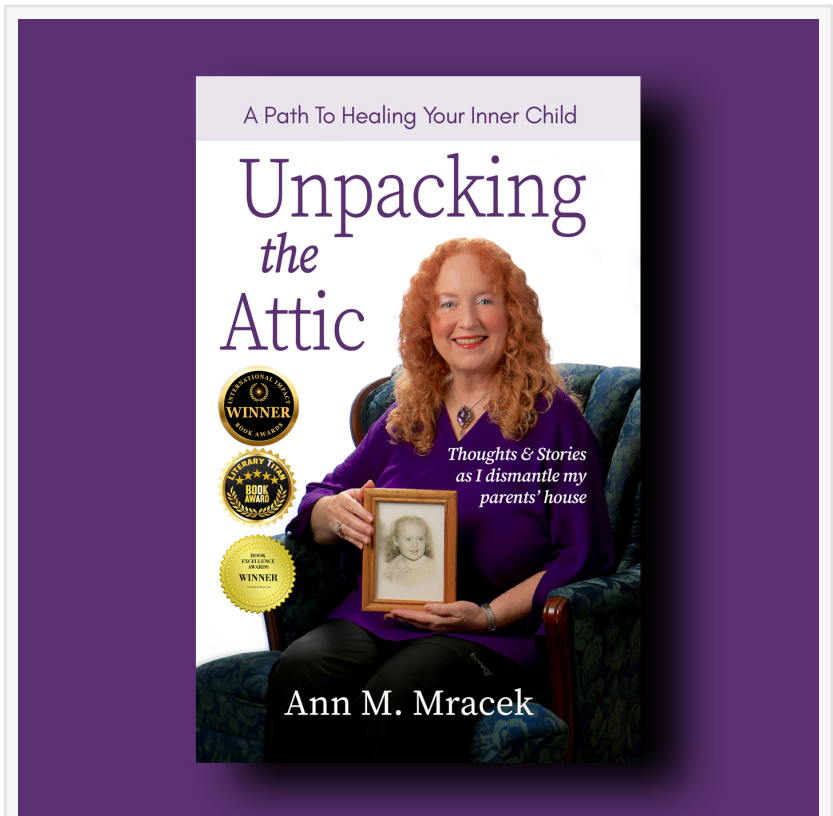
Personal, vibrant, witty, and beautifully simplistic, *Unpacking the Attic* seamlessly weaves together past and present where one of its most powerful elements is that it bring hope even in a darkened childhood that so many of us have lived through but never unscathed. Like Ann, we carry around unresolved pain, embarrassment, shame, anger, or trauma. As an adult, Ann spent many years not realizing that her shortcomings, panic attacks, insecurities and fears, were influenced by a little girl that felt unwanted and left behind. A beautiful child with a fierce loving heart and soft inquisitive nature. Still, as she shifted through her childhood things she begins to open up with a heart of understanding, forgiveness, and answers to old age questions. What is revealed is her ability to find self-compassion, emotional balance, and spiritual alignment where we can transcend personal traumas and adopt principles of self-love, forgiveness, and profound gratitude.

Another of her talked about literary achievements is "My Best Friends Live in The Woods: The Adventures of Albert." where animals, a raccoon being the star here, take center stage and tell their super enchanting stories. To the delight of many of her followers Ann created a video series on YouTube, where she imitates the unique voice of each animal and presents us stories full of life lessons and delightful ways to live in more positive, compassionate ways not only for others, but for ourselves.

Besides her writing endeavors, Ann has accomplished many other things. She established Mracek Studio in 1979, revealing her incredible skills in piano, voice, and music composition. She holds both a bachelor's and master's degree in music theory composition from the University of Kansas.

Additionally, Ann served as the director of Aabla Raqs Belly Dance Company as a principal dancer, choreographer, and teacher. She has created memorable stage productions like "Friendship Flies the Sun: The Ancient Egyptian Legend of Scarab Beetle," a children's interactive book performed at schools and renaissance fairs. She was also a highly entertaining singer and dancer at Six Flags Over Mid America and was the star of stage in a number of musicals. She's a concert pianist and as a young child she experienced two angel visitations one as a child, the other with her husband.

Ann is a literal paradigm shift for the resilience of the human spirit having overcome so much darkness and today shining her light in everything she does. At the core of it all, she is a vivid



storyteller and a profound healer.

Her warmth and glowing spirit is the antidote to living a life of meaning and purpose. She recognizes we are multidimensional humans meant to fulfill our soul's mission. That's why she wholeheartedly encourages us to follow our path to self-love and self-acceptance.

Ann is working on her next literary masterpiece right now appropriately titled, *Still Unpacking the Attic*. Not only that, but she is also in the works of stepping in to becoming the next "Mr. Rogers," and there couldn't be anyone more perfect for the role.

She encourages us to explore and look deeper into our souls so we too can express our vulnerabilities, live authentically, and embrace the power of healing so we can live our happiest and most fulfilling lives.

Close Up Radio recently featured Ann Mracek in a two-part interview with Jim Masters on Tuesday August 26th at 11am Eastern, and with Doug Llewelyn on Tuesday September 2nd at 11am Eastern

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For more information about our guest, please visit <https://annmracek.com/>



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