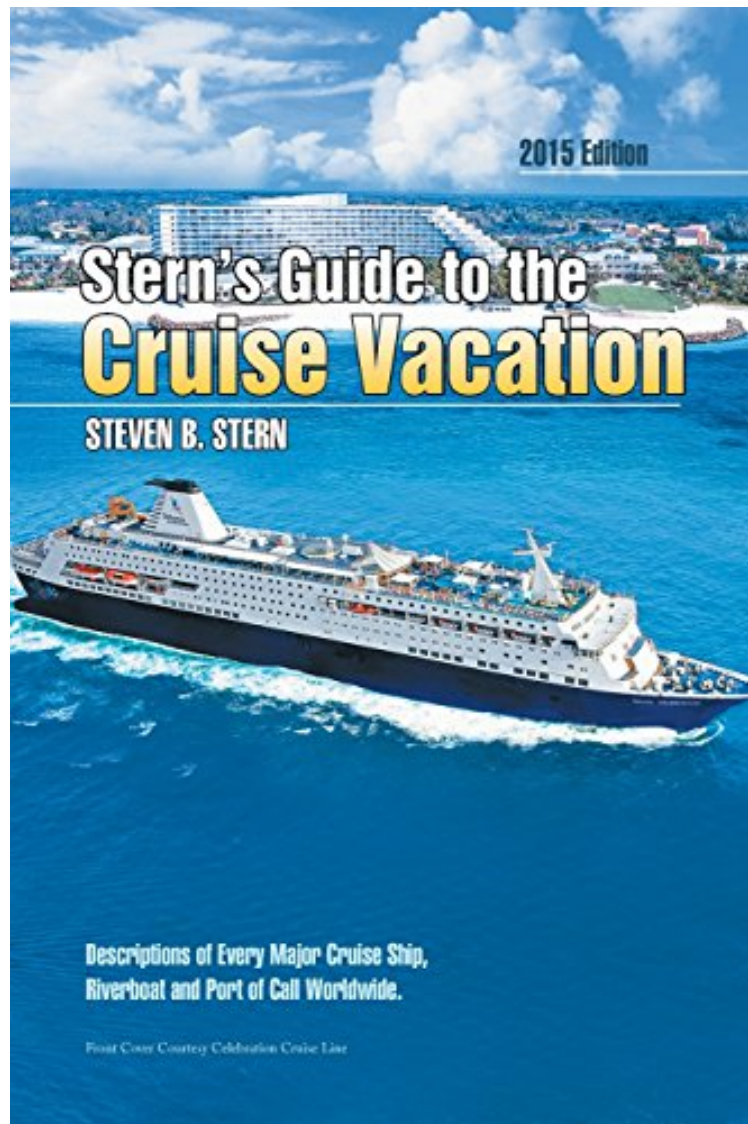


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Stern's Guide to the Cruise Vacation, 2015 Edition

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1 of 1 people found the following review helpful. Highly recommended.By Tom SweeneyVery large book with more information than anyone could ever use. Exhaustive lists and ratings of cruise lines, ships, and port descriptions. The one book to read if you want to know ANYTHING about cruise vacations. Highly recommended.

On the Wings of Inspiration: Exploring Our Inner Life Through Interpretive Symbols is based on a collection of drawings and poems created by Cheryl Metrick from spontaneous inspiration. These inspirational poems describe the drawings. The premise of the book is to explore the interpretation of the art itself, and to journey into the drawings to find more personal meaning within. The authors lead readers to take a personal inner journey to self-awareness and inner growth. Cheryl writes interpretations and feelings about each drawing in a narrative, which at times are autobiographical. Jerees commentary and workbook sections delve into symbolism to guide readers through an analytical process to achieve greater awareness, become mindful, and set guidelines in the continued pursuit of a purposeful and fulfilling life. Many topics are explored and the workbook sections include a wide range of themes. A guided process supports the reader in moving into a place that is more peaceful and more centered to understand and implement lifes lessons.

About the Author Cheryl Metrick is an author, artist, poet, actor, singer, and songwriter. A New York SAG-AFTRA actor for over 25 years in theater, TV, and film, Cheryl Metrick held principal roles in independent films, commercials, infomercials, voiceovers, and a Long Island cable variety show. Singing pop, jazz, and classic rock to standards and musical theatre, Cheryl has performed at many Catskill Mountain resorts, as well as cabaret clubs, charitable events, and industrials. Jeree Wade, MA is a life coach, counselor, producer, and performer, and is in private practice specializing in life coaching, counseling, and healing workshops. She supports her clients in exploring self-empathy as well as self-responsibility, and focuses on issues of self-confidence and productivity. With a degree in theatre arts and a masters degree in counseling psychology, Ms. Wade created and has conducted Serenity Seminars over the last 20 years.