

S2 EP1 How to Maximize your Super Powers with Dr. Capri Cruz

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My special guest today is Dr. Capri Cruz. She is an author, a speaker, a hypnotherapist, psychotherapist and a life coach. She has helped thousands of people to find healing in their lives, by overcoming pain, abuse and personal trauma. In her new book "How to Maximize your Super Powers"; Dr Cruz shares her own personal experience of hardship and abuse during her time in the military and what she had to endure. She provides insights on how we can take responsibility for our lives by harnessing our powers and creating exactly the kind of life we deserve.

Thanks for listening 😊