

TESTIMONIALS

“Life takes us all on a journey, and Patton expresses that self-discovery is the key ingredient in success for oneself and promotes the confidence and ability to recognize it in others. This is significant because her writing creates a stepping stone for her readers to feel empowered and motivated to accomplish their life goals. Overall, Patton writes about how to create the best version of yourself through real life examples – Be happy!”

*Heather Pietrobon, Student Activities Director,
Resurrection Catholic Secondary School*

“After reading your book, I am positive that you will not only change the course of many young lives, but also touch the soul of many weary adults who need to hear your message/wisdom that we are the pilot to our destination; and the sooner we toss out the extra baggage, the lighter and faster we fly.”

Tanya MacIntyre, The Good News Only Radio Show

“*Showing Up* gives nutritional insights to optimize your health—many of which I use in my clinical practice as a naturopathic doctor. But it takes more than just a healthy food plan to change up your life for the better. Chris takes it one step further by providing instruction on keeping the momentum going—for your own sake.”

Dr. Susan Fisher BSc MSc ND

“I can feel your energy in your words. Your passion, commitment, drive, joy...it’s really very delightful. You are providing such a tremendous gift for all of us, not just for young people. Keep going my friend. You are on the right track for sure. I look forward to reading more.”

Michelle Singh, Interfaith Minister

“I like the warm, easy, relaxed style of your writing. It is not preachy. I see your warm light in the words. I see your wisdom, knowledge and love in the words. Keep up the good work; I know you have so much to offer.”

Lynne Marcy

“This is a great message that our youth need to hear and embrace for their upcoming journey into this work world.”

Julie Dreisinger, Business and Education Partnership

“This is outstanding and no doubt, will be a BESTSELLER!”

Kathi Dick, Broker

“I love it. It makes me want to read more. I like the mention of the blame game. What I see you trying to accomplish is having your readers see they can choose to be at the front of the V formation of geese. Did you know that every goose honks except the lead one? They are there to support their leader and find purpose in that role. Looking forward to sharing with my kids who need this kind of inspiration.”

Norma Jean Sittler, Retirement Living

“I will say, your passion flows down into your words and it shows. Seriously, having read this, I want to read more. It is excellent!”

Tom Fitz-Gerald, Bell Media

“I just finished reading this. It is extremely well written, and as such, very motivational. I think that young people especially will come away with some optimism for the future, and desire to do what they need to do to be successful.”

Linda McLeod