

Bolster & Bridge Testimonials

"Alison, with her calm and soothing voice, shares her wisdom through stories and lessons short and relatable enough for you to take with you into the rest of your life. Her simple reminder, "I am breathing in, I am breathing out" helps me quiet my worried mind and focus it on the present moment. This is the voice of empathy and joy you need inside your head to remind you that everything is okay when you feel like your world is falling apart." Daphne B.

"This audio program is so thorough and gives you all the tools you need to help you through very challenging times. But the best part is, you can use it after the hard times and have life long benefits for every part of your life. Alison is an amazing teacher and her voice is so soothing and calming, and the information really resonates. I am so grateful to her for all her wonderful work and this audio program is a wonderful added gift. It's a jewel!!!"

- Wendi R

"A cancer diagnosis is frightening, it can also be a very lonely experience. Protecting our loved ones from the fear we're experiencing ourselves can leave us feeling lonely at a time we most need help. Alison never gives less than 100%, ever! The warmth and love she gives to her students in her classes is here in her supportive and inspiring audio program. This is your kind, dear friend holding your hand, providing practical help and keeping you calm and positive during a difficult time."

- Ginny S.

"I did not want to stop the recording. It was like going on a retreat. Alison, every time I took your classes I wished that I could record you to be able to capture your teachings at home. I feel blessed that not only I, but many other people are now able to take advantage of your wonderful teachings. Your calming voice, the great meditation techniques/exercises, your beautiful, inspiring quotes have all helped me, physically, emotionally and spiritually. Your teachings have been my savior through treatment and the after effects. Beyond cancer and life stressors, I have learned to live in THE PRESENT."

- Jackie E.